

Spicy Chilli Beef Stirfry

Once you have everything cut up, this stirfry is super quick! Have your rice or noodles ready to go.

Serves 1

1 slice minute steak
1 tsp sesame oil
1 small onion
4 mushrooms
1 red chilli
1 clove garlic
1 tsp oyster sauce
1 tsp rice wine or sherry
1 tsp soya sauce
1 tbsp water
1 tsp oil
Pinch sugar
Pinch salt & pepper
1 spring onion



1. Slice the meat across the grain into very thin strips, put into a bowl and mix with the sesame oil, season with salt & pepper. Set aside.
2. Thinly slice the onion, spring onion, mushrooms, chilli & garlic. Mix together the oyster & soya sauce, rice wine or sherry, water and sugar.
3. Heat a wok or frying pan over a high heat, add the oil and when just smoking, add the onion & garlic. Stir fry for 2 minutes, add the beef and continue to stir fry for 2 minutes. Add the mushrooms and chilli. Stir fry for another 2 minutes, then tip in the sauces. Fold everything over to mix, remove from the heat, pile onto a plate with rice or noodles.
4. Sprinkle over the sliced spring onion and serve.

Hints, Tips and Adaptations

Gluten & dairy free, microwavable.

Use chicken, lamb, pork or venison as an alternative

Try different vegetables eg, asparagus, broccoli, carrots, beans, baby corn or sugar snap peas instead of mushrooms.