

Beef Sizzling

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Prepare Ingredients

- 750g of beef steak, cut into strips
 - 2-3 cloves of garlic, minced
 - 1 tbsp grated fresh ginger
 - 1-2tbsp thai red curry paste
 - 1 onion cut into wedges(i used 2 as they were fairly small onions)
 - 1 green bell pepper chopped
 - 1 red bell pepper chopped(colour doesn't really matter its just for presentation)
 - Baby sweetcorn(use canned if preferred)
 - 220g can of bamboo shoots
 - 1 tbsp fish sauce
 - 1 tbsp brown sugar
 - 125 ml beef stock
 - 2-3 birdseye chillis
 - oil
 - can of waterchesnuts(this is optional)
- Prepare all Ingredients.

Step 2: Curry Mix

Place the strips of beef, the minced garlic, the grated ginger, the chopped chillis and curry paste into a bowl and give it a good mix around.

Step 3: Marinade

Marinade for half an hour

Step 4: Toss the beef

Heat some oil in a pan and add the beef and stir fry until the beef is brown.

Step 5: Add onion

When it's brown take the beef out and set to the side. In the same pan you did the beef in add the wedges of onion and stir-fry for about 3 minutes over a medium heat. you may need to add a bit more oil.

Step 6: Pour all vegi

When the onions are golden add the bell peppers, corn, bamboo shoots and the water chestnuts and stir-fry for 5 minutes or until the vegetables are tender.

Step 7: Add Beef

Now return the beef to the pan, stir in the fish sauce, the stock and the sugar(thats what that brown dollop is) give it a good stir and simmer for 10-15 minutes, stirring occasionally. Keep an eye on the level of the stock, you want to reduce it but not too much.

Step 8: Finishing the Sizzling

When the beef is tender its time to serve, Pour these snazzy wee hot platey things lying around, you love the sound of the food sizzling as it hits the hot iron.