KIKKOMAN

Spicy beef stir-fry

Total time **25 mins** **15 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
1,650 kJ / 394 kcal

Fat: **19.5 g** Protein: **33.9 g**
Carbohydrates: **19.9 g**

INGREDIENTS

2 portion(s)

250 g	beef (tenderloin, sirloin, or ribeye)
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	Kikkoman Spicy Chili Sauce for Kimchi
1	egg
4 tbsp	water
1 tsp	sugar
0.5 tsp	potato starch
4	cloves of garlic
10 g	ginger
50 g	red bell pepper
50 g	carrot
50 g	red onion
100 g	pak choi cabbage
4 tbsp	oil
50 g	green peas
2.5 tbsp	cilantro
1 tsp	sesame seeds

PREPARATION

Step 1

250 g beef (tenderloin, sirloin, or ribeye) - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tbsp** Kikkoman Spicy Chili Sauce for Kimchi - **1** egg
Slice the beef into thin strips. Marinate with a portion of Kikkoman Soy Sauce and sambal oelek (or Kikkoman Kimchi Chili Sauce), and add the egg. Mix well. Set aside for 5 minutes.

Step 2

3 tbsp Kikkoman Naturally Brewed Soy Sauce **4 tbsp** water - **1 tsp** sugar - **0.5 tsp** potato starch - **1.5 tbsp** Kikkoman Spicy Chili Sauce for Kimchi
Mix Kikkoman Soy Sauce with water and sugar in a bowl, add the starch and the remaining Kikkoman Kimchi Chili Sauce.

Step 3

4 cloves of garlic - **10 g** ginger - **50 g** red bell pepper - **50 g** carrot - **50 g** red onion - **100 g** pak choi cabbage
Finely chop the garlic and ginger. Slice the bell pepper and carrot into strips. Cut the red onion and pak choi into larger pieces.

Step 4

4 tbsp oil - **50 g** green peas - **2.5 tbsp** cilantro - **1 tsp** sesame seeds
Heat the oil in a pan. Add the vegetables quickly, one after another: start with the garlic and ginger and stir-fry for 1 minute. Add the red onion and carrot, and stir-fry for a further 1 minute. Add the sliced beef and stir-fry for 2-3 minutes. Add the sauce from step 2 and the remaining vegetables,

including the green peas, and mix. Sprinkle the dish with cilantro and sesame seeds.