

Spicy beef stir-fry

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

Nutritional facts (per portion):

1650 kJ / 394 kcal

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

egg
water
sugar

0.5 tsp potato starchcloves 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

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

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.