

Korean Beef Stir Fry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/anglo-indian-beef-fry-recipe>

Ingredients:

- beef obviously
- Sriracha
- honey
- soy sauce dark preferably, but light is fine too
- rice I've used basmati but any kind of long-grain rice will work. White, brown anything you like
- vegetables bell peppers, courgette and spring onions are the classic combo
- ginger fresh
- garlic
- 1/2 cup soy sauce
- 5 1/16 tablespoons honey
- 2 tablespoons Sriracha
- 1 inch fresh ginger piece
- 2 cloves garlic minced
- olive oil
- 3 bell peppers Red, yellow, orange
- 1 courgette chopped
- 1 1/3 pounds rump steak skirt steak, stir fry steak
- 1/2 bunch spring onions
- 1/2 bunch fresh basil

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 90 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 39 grams
7. SaturatedFat: 4 grams
8. Sodium: 2460 milligrams

9. Sugar: 33 grams

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