

# Beef Chili Dry, Chinese Hot and Spicy Beef

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/hot-spicy-beef-chinese-recipe>

## Ingredients:

- 500 grams beef
- tenderloin
- flank steak
- 3 tablespoons flour 3 tablespoon flour
- 1 teaspoon pepper ½ teaspoon pepper
- 1 teaspoon salt ½ teaspoon salt
- 1 tablespoon soy sauce 1 tablespoon soy sauce
- 1 tablespoon oil to fry Few tablespoons of oil, to fry
- 2 tablespoons sesame oil or any neutral oil 2 tablespoon sesame oil, or any neutral oil
- 1 minced garlic ½ tablespoon, 1½ tablespoon minced garlic
- 1 tablespoon minced ginger 1 tablespoon minced ginger
- 2 tablespoons garlic sauce
- 2 tablespoons garlic sauce
- 1 tablespoon sweet chilli sauce
- chicken unchecked ½, cube or bullion, see notes. ½ chicken cube or bullion, see notes.
- 2 tablespoons soy sauce 2 tablespoon soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 1 tablespoon regular sugar
- 1 tablespoon vinegar 1 tablespoon vinegar
- 1 tablespoon chilli flakes use less or skip as per heat preference ½ tablespoon red chilli flakes, use less or skip as per heat preference...
- 1 sliced onion ¼ cup thickly, about 1 large onion 1¼ cup thickly sliced onion, about 1 large onion
- 1 cup capsicum thickly sliced, 1 cup thickly sliced capsicum
- 6 green chillies deseeded, julienned, skip to reduce spice 4-6 green chillies, deseeded, julienned, skip to reduce spice
- 1 tablespoon cornflour mixed in ¼ cup water 1 tablespoon cornflour, mixed in ¼ cup water
- 1 cup green onions sliced to garnish ¼ cup green onions, sliced to garnish, optional

## **Nutrition:**

1. Calories: 970 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 340 milligrams
4. Fat: 43 grams
5. Fiber: 4 grams
6. Protein: 110 grams
7. SaturatedFat: 13 grams
8. Sodium: 1720 milligrams
9. Sugar: 17 grams
10. TransFat: 1.5 grams

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