

Ginger Beef Stir Fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sweet-chilli-beef-stir-fry-recipe>

Ingredients:

- 10 1/2 ounces beef steak ribeye, rump, sirloin or tenderloin, about 300 gram
- 2 cloves garlic chopped about 1 tablespoon
- 5 slices ginger cut in thin matchstick sizes
- 1/2 bell pepper
- 1/2 onion large sweet/white onion
- 3 spring onion cut into 2" pieces
- 1 chilli Fresh, cut thin slices
- 3 tablespoons vegetable oil
- 1 teaspoon corn starch
- 1 teaspoon sesame oil
- 1 teaspoon sugar
- 1/4 teaspoon baking soda
- 1 teaspoon light soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon light soy sauce
- 1 tablespoon vinegar Rice vinegar or regular white vinegar
- 1 teaspoon sugar
- 1 teaspoon corn starch
- 1/4 teaspoon white pepper

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 9 grams
3. Fat: 11 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 630 milligrams
8. Sugar: 3 grams

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