

Chinese Crispy Chilli Beef

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 7/8 pound sirloin steak or rump, cut into strips
- 2 eggs beaten
- 1/2 teaspoon salt
- 4 tablespoons cornflour
- oil for deep frying
- 1 carrot finely sliced
- 2 spring onions finely sliced
- 1 garlic clove finely chopped
- 2 red chillies finely chopped
- 1 piece root ginger finely sliced
- 1 tablespoon sweet chilli sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon rice wine vinegar red/
- 1 tablespoon Chinese 5 spice

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 150 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 3 grams
8. Sodium: 680 milligrams
9. Sugar: 2 grams

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