

Crispy Rainbow Beef (???)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-rainbow-steak-recipe>

Ingredients:

- 2 1/4 pounds steak cut into 5mm / 0.2" thick strips; see notes
- 1/4 white sesame seeds US cup toasted, or to preference
- 1 carrot peeled and cut into strips
- 1 onion cut into strips
- 2 capsicum cut into strips
- 6 tablespoons tomato sauce
- 6 tablespoons sauce or worcestershire sauce
- 4 3/8 tablespoons vinegar / 0.27 US cup, or to taste
- 5 5/8 tablespoons sugar or to taste
- 3 tablespoons water / 0.2 US cup
- 7/8 cup potato starch
- 1 cup corn starch
- 2 tablespoons oil for the sauce
- cooking oil unchecked?, for frying

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 88 grams
3. Fat: 13 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 230 milligrams
8. Sugar: 25 grams

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