

Chinese Rice with Capsicum/Pepper Steak

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 1 kilogram steak
- 4 peppers
- 2 onions
- 3 spring onions
- 1 tablespoon ginger
- 3 tablespoons tomato paste
- 3 green chilies
- 2 tablespoons oil
- 1 teaspoon cornflour
- 1 tablespoon soya sauce
- salt to taste
- 4 cups long-grain rice
- 3 tablespoons oil
- 2 tablespoons spring onions
- 1 teaspoon garlic paste
- 1 teaspoon ginger paste
- 1 capsicum
- 2 carrots
- 2 tablespoons sweet corn
- salt to taste
- 1 tablespoon soya sauce
- boiling water as required

Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 166 grams
3. Fat: 19 grams

4. Fiber: 6 grams
 5. Protein: 16 grams
 6. SaturatedFat: 1.5 grams
 7. Sodium: 990 milligrams
 8. Sugar: 8 grams
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