

Chinese Crispy Shredded Chilli Beef

Yield: 2 min
Total Time: 20 min

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

Ingredients:

- 5 1/4 ounces beef Frying Steak
- 2 eggs beaten
- 1/2 teaspoon salt
- 1 1/2 tablespoons cornflour
- 2 teaspoons runny honey
- 2 tablespoons white rice vinegar
- 2 tablespoons sweet chilli sauce
- light soy sauce Splash
- 1/2 garlic clove crushed
- 1 red chilli finely sliced
- 1 carrot grated
- 1 spring onion finely sliced
- vegetable oil for deep frying

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 265 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 960 milligrams
9. Sugar: 10 grams
10. TransFat: 1 grams

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