



bit spicy

# Beef with oyster sauce

Beef in oyster sauce is a really easy recipe although it benefits from top quality beef and fast cooking - and also a little heat if you can take it! Cook it with whatever crunchy vegetables you have to hand: green beans, mange tout, bell peppers, baby sweetcorn... **serves 4**

## Ingredients

- 500g beef steak, thinly sliced
- 2 tbsp vegetable oil
- 4 cloves garlic, crushed
- 1 tbsp cornflour
- 4 tbsp each of soy sauce & oyster sauce
- 2 tbsp each of sweet chilli sauce & fish sauce
- 6 spring onions, finely chopped (including the green stem), or half a brown onion finely chopped
- 450g mixed vegetables, sliced into similar-sized pieces (see above)
- finely chopped fresh red chillies (optional)

## Recipe

1. Mix together the sauces.
2. Coat the beef in the cornflour.
3. Heat the oil in a wok and add the beef. Fry for a couple of minutes, then remove and keep warm.
4. Add the garlic, (spring) onions and sauces, and cook for a minute or two, then add the vegetables.
5. Cook for a couple more minutes, or until the vegetables are al dente, then return the meat to the wok, stir through and serve scattered with the optional chillies. Add a little water if the sauce is too thick for your taste.
6. Serve with rice or noodles.