

PEPPER BEEF STEAK



Ingredients:	Portion Amt:
Beef flank Sliced	6.0 oz
Red & green bell pepper chunk	2.0 oz
yellow onions chunk	2.0 oz
Mushrooms sliced	0.5 oz
Carrots sliced	2.0 oz
Main sauce	2.0 oz
Black bean	1. tsp
Cooking wine	1. tsp
sesame oil	1/2 tsp
Garlic	1/2 tsp
Serve with steamed white rice	1.rice bowl

Preparation:

Fry the beef in boiling oil for 30 seconds. Remove the beef and drain the oil from the frying pan. Heat two teaspoonfuls of oil in the wok. Add ground garlic and beef, sliced mushrooms, red & green bell pepper, yellow onion, black bean and sliced carrots. Stir fry 30 seconds. Finish with a sprinkle cooking wine and add hot sauce and oyster sauce and thicken with corn starch paste. Stir fry until they are mixed well. Finish with sesame oil. Remove to a serving plate and serve.