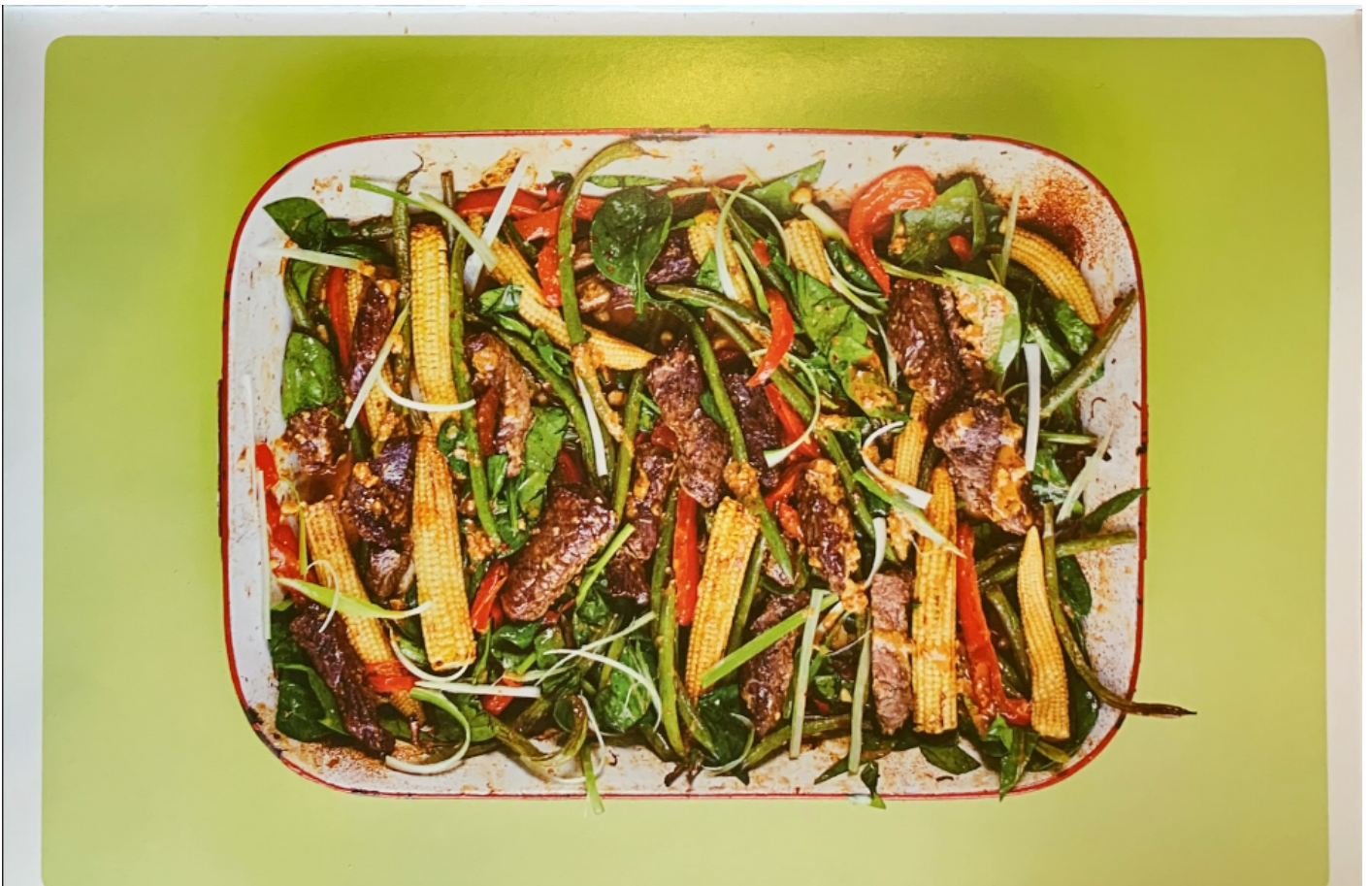


Chilli Peanut Beef With Red Peppers, Sweetcorn & Spring Onions



Ingredients

- 400g free-range rump steak, sliced into 1 1/2cm slices
- 200g green beans
- 175g baby sweetcorn
- 1 red pepper, finely sliced
- 1 red chili, finely grated
- 2 cloves of garlic, finely grated
- 5cm fresh ginger, grated
- 1 teaspoon sea salt flakes
- 1 tablespoon sesame oil

For The Dressing

- 45g crunchy peanut butter
- 1 tablespoon dark soy sauce
- 1 tablespoon rice vinegar or lime juice
- 1 tablespoon water

To Serve

- 50g spinach, roughly chopped
- 3 spring onions, finely sliced
- A handful of salted peanuts, roughly chopped
- Quick cook noodles or rice

Method

1. Preheat the oven to 200C fan/220C/gas 7.
2. Tip the sliced steak, green beans, sweetcorn and pepper into a roasting tin large enough to hold all the veg in a single layer.
3. Add the grated chili, garlic, ginger, sea salt and sesame oil and mix to make sure everything is coated.
4. Move the slices of steak to the top of the tin, as you want them to char nicely, then transfer to the oven to roast for 25 minutes.
5. Meanwhile, mix the peanut butter, soy sauce and rice vinegar or lime juice with the water.
6. Once the beef is cooked, stir through the spinach, pour over the dressing, scatter with the spring onions and salted peanuts and serve with the cooked noodles or rice.

Notes

- If you want to get the sliced spring onions really crisp and take away a bit of the 'onion-y' flavour, stick them in a bowl of cold water for 10 minutes, then drain well.

Revision #1

Created 2021-04-30 10:08:20 UTC by Timothy

Updated 2021-04-30 10:14:08 UTC by Timothy