

# Szechwan Crispy Beef and Green Beans



**PREP TIME : 20 MIN**

**COOK TIME : 15 MIN**

**SERVES : 4**

## **Ingredients :**

- **2 tbsp (30 mL) peanut or other oil**
- **1 1/2 lb (750 g) top sirloin steak, cut into strips against the grain, or pre-cut stir-fry strips**
- **1 egg white, beaten until frothy**
- **1/2 cup (125 mL) cornstarch**
- **1 jar (355 mL) VH<sup>®</sup> Sweet & Spicy Szechwan or VH<sup>®</sup> Asian 5 Spice Stir-Fry Sauce**
- **1 tsp (5 mL) sesame oil**
- **1 lb (500 g) green beans**
- **3/4 cup (175 mL) sliced red pepper**
- **Sesame seeds or chopped green onion (optional)**

## **Directions :**

- 1. Heat oil in non-stick wok or large skillet over medium-high heat. Toss beef strips with egg white in bowl; remove. Coat with cornstarch. In batches, fry beef in hot oil until crispy, adding more oil as necessary. Remove with slotted spoon to paper towels or cooling rack; keep warm.**
- 2. Stir VH<sup>®</sup> Sweet & Spicy Szechwan Stir-Fry Sauce , sesame oil and green beans into wok. Add red pepper; cook until beans are tender crisp.**



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*3. Remove veggies to platter with tongs, top with crispy beef, then spoon remaining sauce from wok over beef. Sprinkle with sesame seeds or green onion, if desired.*

*This dish could be served on rice noodles, rice or it's a great stand alone for a carb counter.*