

Spicy Beef and Red Pepper Stir-Fry



PREP TIME : 1 MIN

COOK TIME : 14 MIN

SERVES : 4

Ingredients :

- **1 tbsp (15 mL) vegetable oil**
- **1 1/2 lb (750 g) beef strips**
- **1 tbsp (15 mL) Sambal Oelek (fresh chili paste)**
- **2 tbsp (30 mL) VH[®] Soya Sauce**
- **1 bottle VH[®] Orange Ginger Stir-Fry Sauce**
- **1 cup (250 mL) thinly sliced red pepper**
- **1 cup (250 mL) frozen soya beans, thawed and rinsed**

Directions :

- 1. In a large skillet, heat vegetable oil over medium-high heat. Add beef to pan and cook for 3 minutes.**
- 2. Add VH[®] Soya Sauce and Sambal Oelek. Continue cooking until beef is browned and glazed with VH[®] Soya Sauce, another 4 minutes. Remove beef from skillet and set aside.**
- 3. Add peppers and beans to the skillet. Stir-fry for 4 minutes over medium-high heat.**
- 4. Place beef back in pan along with VH[®] Orange Ginger Stir-Fry Sauce. Reduce heat and simmer for 3 minutes and serve over rice.**

Tip:

If Sambal Oelek is unavailable, hot sauce can be used.



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*Shake hot sauce onto meat mixture after adding VH® Orange Ginger Stir-Fry Sauce.
Sauté some carrots in butter and ginger for a great side dish.*