



Beef & Sichuan pepper stir-fry

SOURCE BBC GOOD FOOD | SERVINGS 4

PREP 10 MINS | COOK 10 MINS

2 tbsp rapeseed oil
300g thin-cut steak, sliced into thin strips
1 tbsp cornflour
2 mixed peppers, deseeded and finely sliced
200g baby corn, halved on an angle
2 small red onions, finely sliced
½ tsp chilli flakes
1 tsp Sichuan peppercorns, ground using a pestle and mortar
2 tbsp low-salt dark soy sauce
1 tbsp chilli oil optional
300g cooked brown basmati rice

1 Heat 1 tbsp rapeseed oil in a large wok or frying pan over a mediumhigh heat. Add the steak strips and cornflour, stir to coat the steak in the flour, and fry for 2-3 mins until the steak is golden. Remove to a plate and set aside until needed.

2 Add the remaining oil, the peppers, baby corn and red onions and fry for 3-4 mins until starting to soften. Sprinkle in the chilli flakes, Sichuan pepper, then add the steak back along with its resting juices. Fry for 1 min until fragrant. Splash in the soy sauce and 50ml water and stir until the sauce coats the beef and veg. Drizzle with chilli oil, if you like, and serve with the rice.