



Crispy Shredded Beef

Deliciously crunchy, crispy beef with spring onions on a bed of white rice

Serves: 4

Prepare: 10 Minutes

Cook: 20 Minutes

Difficulty: Easy

Ingredients

- 900g [organic steak strips](#) or thinly sliced [organic beef every day steak](#)
- 3tbsp brown sugar
- 3tbsp apple cider vinegar
- 3tbsp tomato ketchup
- 2tbsp light soy sauce
- 1tbsp gochujang paste
- 2 garlic cloves, minced
- 1tsp salt
- 1tsp white pepper
- 1tsp black pepper
- 1tsp minced ginger
- 1 red bell pepper, sliced thin
- 2 spring onions, sliced thin
- 5tbsps vegetable oil
- 2 eggs
- 200g potato starch (or cornflour)

Method

1. To make the sauce, add ketchup, vinegar, soy sauce, sugar and gochujang paste to a blender and blitz. Place to one side until you are ready to cook
2. Place the beef strips/ sliced steak in a bowl and season with salt and pepper. Crack two eggs into the bowl and combine the ingredients together. Add the potato starch and ensure the beef is evenly coated, forming a thick batter
3. Place a wok over high heat and add the oil. Fry the beef in batches and cook until crispy. Remove with a slotted spoon and transfer the beef to a plate, lined with kitchen roll
4. Using the same wok, transfer the onions, peppers, garlic and ginger. Cook over medium heat and soften for 5 minutes before adding the beef back to the pan. Stir in the sauce, turn up the heat and ensure the beef is coated evenly
5. Serve hot, with rice or noodles, and garnish with sliced spring onions