

Chilli Beef with Carrots

500g	Fillet steak tails
1	Garlic clove, crushed
2.5cm	Ginger, freshly chopped
3tblspn	Sweet chilli sauce
3tblspn	Dark soy sauce
2tspn	Cornflower
2tblspn	Groundnut oil
2	Carrots, medium, peeled and cut into fine matchsticks
1tblspn	Honey, clear
	Freshly ground black pepper



Chill the beef for 1-2 hours in the freezer so it is easier to cut.

Mix together the garlic, ginger, 2 tablespoons of the sweet chilli sauce. 2 tablespoons of the dark soy sauce and the cornflower. Put the beef into the marinade and leave covered, in the refrigerator, for 2-3 hours.

Drain the beef and pat off excess marinade with paper towels. Reserve any marinade that is left.

Heat the oil in the stir-fry pan. Add the beef in batches and stir-fry briskly until cooked. Push to one side of the pan, then add the carrots and stir-fry these until just tender.

Add any reserved marinade together with the remaining chilli and soy sauce. Stir in the honey and season with black pepper.

Serve immediately with plain rice or fine noodles.