

## Chilly Beef 1

Written by Friends' Contribution

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### Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Beef	Cut and
2	Salt-Spoon	Sugar	Marinade
1	Tablespoon	Ginger Garlic Paste	Marinade
1	Salt-Spoon	Mustard Powder	Marinade
3	Tablespoon	Soya Sauce	Marinade
1	Salt-Spoon	Salt	Marinade
1	Teaspoon	Pepper Powder	Marinade
2	Tablespoon	Worcestershire Sauce	Marinade
2	Tablespoon	Vinegar	Marinade
4	Tablespoon	Cooking Oil	For Frying
1	Salt-Spoon	Ajinamoto	Add
1	Bunch	Onion Leeks-Spring Onions	Fry

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250	Grammes	Capsicums - Green	Fry
1	Salt-Spoon	Soda bi-carbonate	Add
200	Grammes	Green Peas	Cook
200	Grammes	French beans	Cook
200	Grammes	Carrots	Cook
3	Tablespoon	Tomato Ketchup	For taste
3	Tablespoon	Chilly Sauce, Red	For taste

### Method

Cut and wash the beef in thin strips. Marinate it with ingredients kept aside for 2 hours in the refrigerator. Then cook the meat on in its own water that will have collected in the dish. Do not add more water, but do not allow it to burn.

In a little oil, fry the capsicums, cut in slices, and add a little Ajinomoto. Do the same, for onion leeks, and the other vegetables. Keep them separate, and fry them individually.

Boil green peas with a little soda bi carb. When boiled remove and keep aside, then in the same water, boil first the French beans, and after removing them, the carrots.

Serve in a dish, with meat in the middle, and the vegetables on the side, and garnished with the chilly sauce and tomato ketchup