

SPICY BEEF and Cabbage Stir Fry



Works on a warm or cool evening. That little bit of comfort on a plate.

COOKING TIME: 20 MIN

CALS 430 | PROT 35g | CARBS 18g | FAT 24.5g



TIPS FOR FUSSY EATERS

Separate some of the sautéed beef. Serve it with boiled rice and fresh veggies, and at least a small bite of the fried cabbage.



1 PREP

Cut cabbage into thin strips. Peel and cut carrot into thin sticks. Peel and mince **garlic**.



2 FRY

Fry the **minced beef** in a pan over high heat in two batches until nicely browned. Set aside.



3 SAUTÉ

Add **oil** to the pan and sauté the **cabbage** and **carrots** for about 3 minutes. Add **garlic, ginger paste, soy sauce, rice wine vinegar, chili flakes, and star anise**. Sauté for another 2–3 minutes.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Minced meat	350g	525g	700g
White cabbage	500g	750g	1 kg
Carrot	2	3	4
Garlic cloves	2	3	4
Ginger paste	5g	7g	10g
Soy sauce	3g	4g	5g
Rice vinegar	2g	3g	4g
Chili flakes	2g	3g	4g
Star anise	1	1	2
Spring onion	25g	38g	50g



4 SERVE

Add sautéed **beef mince** and stir to combine. Season with **salt** and black **pepper**. Serve onto plates and sprinkle with the chopped **spring onion**.

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