Khao Pad Prik (Thai stir fried beef)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 onion
- 1 clove garlic
- 400g rump steak
- 1/2 red pepper
- 1-2 fat red chillis
- 3-4 Thai bird's eye chillis (we like this really spicy, if you think you can't handle it then scale back the chillis)
- 1 tablespoon nam pla (Thai fish sauce)
- 1 tablespoon oyster sauce
- 4 tablespoons Thai sweet soya sauce (this ingredient is key to this dish. Try really hard to find a bottle, it's not like standard soya sauce as it's very thick and syrupy)
- 2-4 tablespoons water
- 1/4 teaspoon MSG (yeah, I know...)

Instructions

1. Remove the fat and cut the steak into strips
2. Roughly dice the onion
3. Crush the garlic
4. De-seed the pepper and cut into strips
5. Thinly slice the fat red chilli(s) - remove the seeds if you want it less spicy
6. Roughly chop the Thai bird's eye chillis

7. Add a tablespoon of oil to a frying pan or wok and quickly stir fry the onion and garlic for a couple of minutes

8. Stir fry the beef and peppers for a couple more minutes

9. Add the chillis and fry for a minute or so to release the flavour

10. Add the oyster sauce and the nam pla

11. Add the Thai sweet soya sauce and loosen the 'gravy' with the water. Simmer for about 30 seconds. Don't over-cook at this stage, there's supposed to be a decent amount of gravy to soak into the rice
12. Serve with Thai rice and some chopped Thai basil or coriander / cilantro on top.