



## beef in sweet chili sauce

NIBBLEDISH CONTRIBUTOR

### Ingredients

- 250 grams beef strips
- 1 medium carrot
- 1 medium sized bell pepper s
- 1 half cup sweet chili sauce
- 2 cloves garlic minced
- 1 small onion minced
- half cup flour
- salt
- pepper

### Instructions

- combine the flour, salt and pepper in a zip lock bag
- toss beef strips to coat
- deep fry beef strips a few pieces at a time for 5-6 minutes or until golden. set aside
- meanwhile, slice the bell pepper and carrots into strips
- in a wok fry garlic and onion until aromatic
- add bell pepper, carrots and beef stir fry for one minute
- add the sweet chili sauce and stir fry for another 2 minutes