

BEEF IN CHINESE CURRY SAUCE



Indulgent and fragrant, instantly reminding you of an addictive chip shop style curry sauce but better

PREP
30

COOK
10

SERVES
2

INGREDIENTS

225g Beef (any cut)
1 Brown Onion
150g Frozen Peas
½ tsp Salt
¼ tsp Bicarbonate of Soda
½ jar Yau's Mild Chinese Curry Sauce
2 tbsp Vegetable oil

Top Tip

Don't skip preparation, this is what makes the beef tender!

PREPARATION

1. Mix 1 tbsp oil, bicarbonate of soda and salt together to form a paste.
2. Slice beef into strips approx. 1cm thick.
3. Marinate the beef in the paste and leave for 30 minutes.
4. Slice onion into 1cm strips.

COOKING

1. Heat a deep pan or wok on a medium to high heat and add 1 tbsp oil.
2. Add beef and brown for 4-5 minutes.
3. Add onions and peas and stir-fry for 2-3 minutes.
4. Stir in Yau's Mild Chinese Curry Sauce and stir fry for a further 3-4 minutes.

Behind Yau's...

Phillip and Bonnie Yau created their business in 2012 to address the growing demand for natural, free-from prepared oriental sauces.

As the market became more aware of what they were putting in their bodies, the Yau's created a range that was suitable for everyone, as well as being equally delicious.

