

Technically the Beef Fillet would have pushed this well over budget, but these were part of my birthday present from my mum, so we thought we?d make something tasty with them. Oh was it tasty?

Ingredients:-

Beef Fillet, cut into strips. (Other cuts will work just as well.)
Fresh Chillies
Chilli Flakes
Spring Onions
1 tin of Tomatoes
1 Red Pepper, cut into strips
1 Large Onion, chopped
2 clovers of Garlic
Tomato Puree

Seasoned Flour (Gluten free in our case), with Chilli Flakes, Paprika, Garlic Salt, Pepper
Oil to fry
Cider Vinegar.
Margarine
Salt & Pepper
Sugar
Rice Noodles (These are presently on offer at the local Supermarket at 60p a pack)

Method:-

(1) Stir the beef strips in the seasoned Flour.
(2) Fry until crispy and set aside in the oven on a low heat to keep warm.
(3) Fry the Onion and Garlic in Margarine and Oil until soft.
(4) Add the tin of Tomatoes and an equal amount of Water.
(5) Add a good squirt of Tomato Puree.
(6) Simmer for 10 minutes.
(7) Add the Cider Vinegar and Sugar.
(8) Add the half of the fresh Chillies and half of the Spring Onions.
(9) Stir well and simmer for a couple of minutes.
(10) Stir in the Beef.
(11) Serve over Rice Noodles or Rice and dress with the remaining fresh Chilli and Spring Onion.

We served ours with a few fresh fried Papadums. The ingredient quantities are pretty flexible, so you can adjust the heat to your taste.