



## **BEEF STIR FRY IN CHILLI JAM COULIS**

### ***What are the ingredients?...***

500g Buttercross Aberdeen Angus beef stir fry strips  
1 large red onion sliced  
1 clove garlic - crushed or diced  
1 red pepper - deseeded and sliced  
1 green pepper - deseeded and sliced  
1 yellow pepper - deseeded and sliced  
100g bean sprouts  
100g green beans/Mange toute - or whatever you prefer!!  
1 jar 'Mikes Homemade' Chilli Jam  
2 tablespoons rapeseed oil

### ***How do I make it?...***

Heat the oil in a frying pan  
Add beef strips and fry gently for 1-2 minutes  
Add onion, garlic, peppers, bean sprouts, green beans, fry for 2-3 minutes  
Add Chilli Jam Coulis and stir well.  
Continue to cook until thoroughly heated through then serve and enjoy  
Great with noodles or rice