

malay beef

I adore this recipe. A brilliantly simple marinade, 1 minute or so of stir-frying and voila! A dish that is guaranteed to become a firm favourite.

✿ Not suitable for freezing.

marinade

2 tablespoons tomato ketchup
2 tablespoons mango chutney
1 tablespoon soy sauce
4cm (2") fresh ginger, peeled and finely grated
a few drops Tabasco
1 tablespoon oil
salt and pepper

500g (1lb) sirloin beef joint

Mix together all the marinade ingredients in a bowl, season with salt and pepper.

Slice the beef into very thin long slices, about 1/2cm in thickness. Add the slices of beef to the marinade and toss to coat, leave to marinate in the fridge for a couple of hours.

Heat a non-stick frying pan on the boiling plate. Fry the beef for about 30 seconds on each side so it's just pink in the middle but golden brown on the outside.

Serve hot with noodles or warm Lemon Couscous Salad on p131.

serves 6

conventional oven

Fry over a high heat on the hob.

