

James May's speedy stir-fried chilli beef

INGREDIENTS

(SERVES 4)

1 tbsp sesame oil
1 tsp grated fresh ginger
2tbsp soy sauce
1 green chilli, finely chopped
450g steak, cut into strips
1 red and 1 yellow pepper, deseeded and roughly chopped
1 carrot, cut into thin strips
250g baby corn
200g mangetout, halved
300g bean sprouts
300g rice noodles
Sweet chilli sauce, to drizzle

METHOD

1 In advance: Put the oil in a large bowl. Add the ginger, soy sauce, chilli and steak strips. Mix up and leave in the fridge, covered, to marinate for at least 10 minutes. Half a day is even better.

2 Later: Heat your wok (large frying pan if you haven't got one. Why



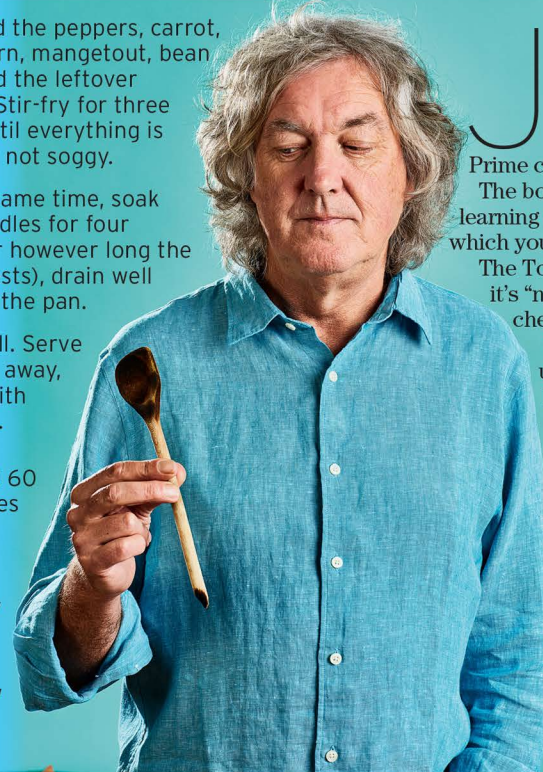
haven't you got one?) until really hot. Remove the meat from the marinade and wipe dry. Reserve the marinade. Add the beef to the wok and stir-fry for five minutes.

3 Now add the peppers, carrot, baby corn, mangetout, bean sprouts and the leftover marinade. Stir-fry for three minutes until everything is cooked but not soggy.

4 At the same time, soak the noodles for four minutes (or however long the pack suggests), drain well and add to the pan.

5 Toss well. Serve straight away, anointed with chilli sauce.

● Oh Cook! 60 Easy Recipes That Any Idiot Can Make by James May is published by Pavilion, priced £14.99.



James May is not on a mission to become a celebrity chef, regardless of the fact he has – against type, and against the odds – written a cookbook, and nabbed an Amazon Prime cookery show to go with it.

The book – Oh Cook! – is “not about learning recipes. It’s about learning the basics,” which you can then apply to everything else.

The Top Gear and Grand Tour presenter says it’s “not for accomplished chefs, or celebrity chefs or people who collect recipe books.

This is a book designed to be propped up on the worktop and used like a Haynes Manual for beginners, and once you’ve made the stuff in this book, you should give it to Oxfam and move on.”

One of his favourite recipes in the book is this super-easy speedy stir-fried chilli beef.

“This will also work with shredded chicken or pork, but the beef version is the one approved by the Foreign Office,” says James.

“You could add an extra chilli or two to turn this into ‘dare food’. You’ll spoil it, though.”