



Rutland, Steady, Cook!

Wellies' Sweet Chilli Beef Salad

Ingredients

4oz Frying Beef (or Beef left from a roast)
1 Red Pepper, sliced
1 Onion, shredded
1 Carrot, grated
Your favourite Salad items
Handful of Croutons
Sweet Chilli Sauce

Method

1. Make up your salad base; we use mixed salad leaves.
2. Heat your frying pan with a small drizzle of oil. Fry the onion, pepper and carrot until soft and the onion is slightly caramelised. Put to one side.
3. Fry the beef on high heat until brown (or if using leftover, until heated through).
4. Add the fried vegetables and enough sweet chilli sauce to coat (or to your liking).
5. Spoon on top of the salad and add the croutons on top.

Don't forget to share your own **Wellies' Sweet Chilli Beef Salad** image on Facebook using **#RutlandSteadyCook**

Thank you to:

Wellies Tea Room
Rutland Water Garden Nursery
Oakham

