



Cig Eidion Tsieineaidd

Cynhwysion

- 250g cig eidion (braster isel)
 - ½ pupur coch
- 4 shibwnsyn (spring onion)
 - 85g brocoli
 - 100g pak choi
- 3 llwy fwrdd o sudd oren ffres
 - 1 llwy de o finegr gwin reis
- 2 llwy de o saws soi (gyda llai o halen ynddo)
 - 1 llwy de o saws chilli poeth fel sriracha
 - 1 gwynwy ŵy
 - ½ llwy de o bowdr five-spice
 - 1 llwy fwrdd o flawd corn
 - 1 ½ llwy de o flawd codi
- 2 llwy fwrdd o olew (1 llwy fwrdd i ffrio'r cig eidion ac 1 llwy ffwrdd i ffrio'r llysiau)
 - 2 ewin garlleg
- 2 llwy de o sinsir wedi'i falu'n fân
 - ½ llwy de o chilli

Ar gyfer cynllun 1600 - Ychwanegwch 32g o reis a 75g o lysiau

Dull

1. Rhowch y cig yn y rhewgell am 25-30 munud cyn ei goginio. Mae hyn yn gwneud y cig yn haws i'w dorri.
2. Torrwch bupur coch yn stribedi tenau, y shibwns yn ddarnau 1cm, y brocoli yn dalbiau a'r pak choi yn ddarnau mân.
3. Cymysgwch y sudd oren gyda'r finegr, saws soi a'r saws chilli a'i roi i'r ochr am y tro.
4. Torrwch y cig eidion yn stribedi tenau.
5. Mewn powlen, curwch ŵy gyda fforc cyn ychwanegu'r stribedi cig eidion, y powdr five-spice, blawd corn, blawd codi a phupur nes bod popeth wedi'i orchuddio'n dda.
6. Rhowch 1 llwy fwrdd o olew mewn padell ffrio ac unwaith mae'r badell yn boeth, rhowch y stribedi cig eidion i mewn a'u ffrio am 3-4 munud.
7. Tynnwch nhw o'r badell gyda llwy gyda thyllau hidlo ynddi (slotted spoon) a rhoi'r cyfan i'r ochr.

8. Stemiwch y brocoli am 11-12 munud cyn ychwanegu'r pak choi a'i stemio am funud ychwanegol. Tynnwch a'i roi i'r ochr.
9. Rhowch 1 llwy fwrdd o olew yn y badell cyn ychwanegu'r garlleg, sinsir, pupur coch a'r shibwns a'u ffrio am 2-3 munud.
10. Ychwanegwch y chilli a thywallt y gymysgedd sudd oren a saws soi i mewn i'r badell.
11. Fel mae'r gymysgedd yn dod i'r berw, ychwanegwch y cig eidion a'r llysiau a'u coginio am ychydig funudau cyn gweini'r cyfan.

Chinese Chilli Beef

Ingredients

250g lean beef
½ red pepper
4 spring onions ends trimmed
85g broccoli
100g pak choi
3 tbsp fresh orange juice
1 tsp rice wine vinegar
2 tsp low salt dark soy sauce
1 tsp hot chilli sauce, such as sriracha
1 medium egg white
½ tsp five-spice powder
1 tbsp cornflour
1½ tsp self-raising flour
2 tbsp oil
2 garlic cloves, finely chopped
2 tsp finely chopped root ginger
¼ tsp chilli flakes, or a good pinch if you prefer it a bit milder

For 1600 meal plan - Add 1 portion of rice (32g) and 1 portion of veg (75g)

Method

1. Put the meat in the freezer 25-30 mins before you plan to start cooking. This will firm it up a bit and make it easier to slice really thinly.
2. Meanwhile, remove the core and seeds from the pepper and cut it into very thin strips. Slice the spring onions and the broccoli spears Thinly slice the pak choi.
3. Mix together the orange juice, vinegar, soy sauce and chilli sauce. Set aside.
4. Slice the beef into very thin strips.
5. In a bowl, beat the egg white with a fork to make it slightly frothy, then stir in the beef with the five-spice powder, cornflour, flour and a good grinding of pepper so everything is evenly coated.
6. Pour 1 tbsp of the oil into a non-stick wok or frying pan. When it's very hot (test if ready by dropping a small piece of beef in – it should immediately sizzle), put the beef in, stirring to separate, and stir-fry for 3-4 mins. remove with a slotted spoon and set aside.
7. Steam the broccoli spears for 11-12 mins, then sit the pak choi on top and steam for another minute until both are tender-crisp. Set aside.
8. Pour the remaining 1 tbsp of the oil into the wok and heat it again until very hot.
9. Throw in the garlic, ginger, red pepper and spring onions, and stir-fry for 2-3 mins until starting to brown.

10. Add the chilli flakes, then pour in the soy sauce and orange juice mix with 4-5 tbsp water. As it comes to the boil, stir in the beef and steamed veg, and cook briefly just to heat through.