

3rd Feb 2026



# BOREALIS

## Crispy Fried Chili Beef with Sweet, Spicy, Sour Glaze, Match Vegetables



10 mins prep

15-20 mins to cook

### SERVING 4 PORTIONS:

- 45 mins or more
- 400 g sirloin (100 g strips per portion) or chicken or pork
- 40 ml soda water
- 36 g Chinese 5 spice AKA power powder.
- Salt — to taste
- Pepper — to taste
- 80 g corn flour or flour
- 40 g red chilies
- 80 g white onion (thinly sliced)
- 42 g ginger (thinly sliced)
- 56 g garlic (finely chopped)
- 80 g red bell pepper (thinly sliced)
- 40 g spring onion

toasted sesame seeds to garnish

0.9 g.  
n. ginger  
n. garlic

## Sauce

80 ml GF soy sauce  
24 ml sriracha sauce (chilli soaked in garlic)  
40 ml sesame oil  
24 ml red wine vinegar /cider vinegar  
64 ml honey  
40 g brown sugar  
Pea shoots  
Coriander

## METHOD

- Slice the beef into thin strips and place into a bowl.
- Marinate beef in 5 spice, salt, and pepper & Soda Water. Mix until evenly coated. - 30mins or overnight
- Coat the beef with cornflour.
- Heat the oil in a deep saucepan until it reaches 190°C.
- Place the beef strips into the oil and fry for about 4-5 minutes, until golden brown. Place some tissue to soak up the excess oil and set aside.
- Meanwhile, prepare the sauce by adding a tablespoon of oil to a frying pan. Fry the chilies, spring onion, and ginger over a medium heat for a few minutes. Add garlic and fry for another minute.
- Stir in the soy sauce, honey, brown sugar, red wine vinegar, and Sriracha until thick.
- Stir in the beef until evenly coated.
- Garnish with spring onion and red chili.