



CHLOË BOWLER
complete wellbeing

CHILLI BEEF



Ingredients (serves 2)

- 1 large onion
- 500g minced beef
- 4 tbsp dark soy sauce
- 1 tbsp red thai chilli paste
- 2 spring onions
- 1 red chilli
- 4 cloves garlic
- 1 little gem lettuce
- 1 lime
- 200ml beef stock
- Handful of fresh basil

Instructions

- Start by chopping the onion, garlic and chilli and add to a hot pan of oil.
- Add the mince and break up with a wooden spoon.
- When the mince has browned, stir in the thai paste and soy sauce.
- Pour in the stock little by little (you may not want to use it all).
- Transfer to a dish and tear fresh basil on top, and a squeeze of lime.
- Serve with little gem lettuce leaves to make your own boats.

CHLOEBOWLER.COM