

These steaks were in a discount pack at the local Lidl. They were effectively a pound each. Not the greatest in the world, but very tasty none the less.

Ingredients:-

2 Ranch Steaks
½ a Red Onion, finely diced
2 Cloves of Garlic, minced
½ a Red Chilli, finely chopped
1 Tsp of fresh Ginger, grated
½ a Tsp of Chinese Five Spice
1 Tbsp of Soy Sauce (Gluten free for us)
1 Tbsp of Honey
1 Tbsp of Oyster Sauce
8 King Prawns
1 Spring Onion, finely sliced
Oil to Fry
Salt and Pepper

Method:-

(1) Season the Steaks with Salt & Pepper.
(2) Add Oil to a large frying pan and fry the Steaks on both sides to taste.
(3) Set aside to rest.
(4) Add a little more Oil to the frying pan and fry the Onions until softened.
(5) Add the Garlic, ginger and Five Spice and cook until fragrant.
(6) Stir in the Soy Sauce, Honey, Oyster Sauce and Prawns along with 4 Tbsp of water.

(7) Bring to the boil, then reduce the heat and simmer for 2 minutes until the sauce has thickened and the Prawns are cooked through.
(8) Spoon over the Steaks and garnish with Spring Onions and Bonito Flakes.

We finally found Bonito Flakes in an Asian supermarket. What we didn?t realise initially was that they react to heat and wriggle and wave. Which is cool, if perhaps a bit off-putting for some folk!