



Air-Fryer Crispy Chilli Beef

Description

Get your dose of high protein in our selection of beef recipes. You can try our various cooking methods to bring out that beefy goodness youâ??ve been craving for. Beef up your dishes now!

PREPRATION TIME:

Preparation: **15 minutes**

Cooking: **15 minutes**

Total: **30 minutes**

Ingredients

- 1 lb beef steak, thinly sliced
- 1/4 cup cornstarch
- 2 tbsp vegetable oil
- 3 cloves garlic, minced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1/4 cup soy sauce
- 2 tbsp sweet chili sauce
- 1 tbsp rice vinegar
- 1 tsp ginger, grated
- 1/2 tsp red pepper flakes (adjust to taste)
- 1/4 cup green onions, chopped (for garnish)
- Sesame seeds (for garnish)

Instructions

1. In a large bowl or Ziploc bag, toss the beef slices with cornstarch until well coated.

2. Preheat the air fryer to 400°F (200°C) for 5 minutes.
3. Place the coated beef slices in a single layer in the air fryer basket, making sure they are not overlapping. Cook for 8-10 minutes or until crispy and golden brown, flipping halfway through.
4. While the beef is cooking, heat the vegetable oil in a skillet over medium heat. Add the minced garlic and sauté for 1-2 minutes until fragrant.
5. Add the sliced bell peppers to the skillet and sauté for another 2-3 minutes until slightly softened.
6. In a small bowl, whisk together the soy sauce, sweet chili sauce, rice vinegar, ginger, and red pepper flakes.
7. Pour the sauce mixture into the skillet with the bell peppers and garlic. Stir well to combine.
8. Add the cooked crispy beef slices to the skillet and toss to coat them in the sauce.
9. Cook for an additional 2-3 minutes to allow the flavors to meld together.
10. Serve the Air-Fryer Crispy Chilli Beef hot, garnished with chopped green onions and sesame seeds. Enjoy!

Nutrition

- Calories : 285kcal
- Total Fat : 11g
- Saturated Fat : 3g
- Cholesterol : 52mg
- Sodium : 890mg
- Total Carbohydrates : 22g
- Dietary Fiber : 1g
- Sugar : 8g
- Protein : 21g

Category

1. Air Fryer Recipes

Date Created

22/05/2025

Author

rauf