**Garlic & Chilli Beef**

**Beef**

* 1 Tablespoon of Sesame Oil
* 1 Clove of Garlic
* A Piece of Ginger
* 1 tsp of Demerara Sugar
* 1 Red Onion
* 1 Red Pepper
* 1 Sirloin Steak
* Cornflour for Coating
* 1 tbsp of Soy Sauce
* 1 Spring Onion
* 1 Teaspoon of Sesame Seeds

**Noodles**

* 2 Nests of Fine Egg Noodles
* 1 tsp of Sesame Oil
* 1 Clove of Garlic
* 100g of Beansprouts
* 1 tbsp of Soy Sauce
* 10g of Coriander