

# Foodie Friday's

## Let's Cook with Chef...Romeo

### Pepper Steak with Jamaican White Rice and Coleslaw

Ingredients	Method	Time
<b>500g steak</b> <b>One onion</b> <b>Two spring onions</b> <b>Couple pinches All spice</b> <b>Pinch of thyme</b> <b>Sauces</b> <b>Ginger and garlic paste</b> <b>Oyster sauce</b> <b>Soy sauce to taste (optional) instead of salt</b>  <b>Jamaican coleslaw</b> 100g White cabbage 100g Red cabbage Grated carrot Raisins Spring onions or onions to taste Lemon juice Vinegar Sugar  <b>White rice</b> Two cups of rice Three cups of water Bring to boil and steam	<b>Pepper steak</b> Slice up steak thinly Slicing onions and spring onions Stir fry beef Add seasonings Add onions add sauces Add Spring onions Stir fry combine all flavours Then add cup of water Reduce until consistency you like possibly 5-20 minutes depends on your preference for thickness.  <b>Jamaican white rice</b> Two cups of rice Three cups of water Bring to boil and steam  <b>Coleslaw</b> Slice all ingredients' grate carrots Add raisins Add Splash of Lemon juice concentrate Add Splash of vinegar Add tbs sugar	<b>Serves: 4</b>  <b>Prep time: 5-15 mins</b>  <b>Cooking time: 25 - 30 mins</b>  <b>Total time: 45 minutes</b>

*Guiding Hands Organisation CIC-Giving You That Extra hand*

