

Recipe No. 26/2013

Chinese Beef Strips with Sauce

This recipe follows onto last week's Chinese Sauce. First make the sauce, then without rinsing the bowl, continue straight on with the beef. Serve with Chinese noodles, pasta or rice.

Serves: 4

Preparation time: 10 minutes

Cooking time: 23 minutes

Ingredients

1 onion, quartered
1 garlic clove
1 chilli, optional
20g olive oil
400g beef strips, see tip below
250g sliced mushrooms
1 small brinjal, cut in 1cm cubes
1 tsp cornflour
2 Tbsp Chinese sauce, see recipe no 25/2013

Method

- Chop onion, garlic and chilli **5 sec/speed 7**. Scrape down sides of bowl.
- Add oil and sauté **3 min/100°C/reverse/spoon speed**.
- Add beef strips, mushrooms and brinjal.
- Cook **10 min/100°C/reverse/spoon speed**.
- Mix cornflour with Chinese sauce to make a smooth paste. Add to beef. Cook a further **10 min/100°C/reverse/spoon speed**.
- Serve with hot egg noodles, pasta or rice, a side salad and crusty bread rolls.

Chef's tips

- If using a tender cut of beef such as fillet, only add beef 5 minutes into step 5 so it cooks for just 5 minutes.
- Add thin strips of green pepper with the brinjal and mushrooms.



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