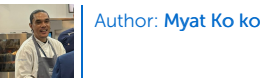


Braised beef with chilli and lime (Thai)


Cuisine: South-East Asian
Food category: Beef





Program steps


Preheating: 180 °C


1


 Combination


 40 %

 Termination by time

 00:40 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
Meaty Beef Ribs	1	kg
Garlic	10	pcs
Lemongrass stalk	3	pcs
brown sugar	50	g
Salt	20	g
Onion chunk	100	g
lime juice	50	ml
Basil	10	g
Sawtooth leaf	10	g
Fresh green chilli	70	g
Crush black pepper	10	g

Directions

- Marinate the beef with salt, brown sugar and braised for 30 minutes or until tender.
- Add garlic, onion, lemongrass, green chilli and braised for 10 more minutes.
- Sprinkles with lime juice, crush black pepper and fresh herbs before serving.

Nutrition and allergens

Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	1129.4 kJ
Carbohydrate	5.6 g
Fat	18 g
Protein	18 g
Water	0 g

Recommended accessories

