

# Braised beef with chilli and lime (Thai)

Cuisine: **South-East Asian**

Food category: **Beef**



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## Program steps

Preheating: 180 °C

1	Combination	40 %	Termination by time	00:40 hh:mm	180 °C	100 %	
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## 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: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Zinc

Vitamins: Folate, Niacin, Thiamin, Thiamine, Vitamin A, Vitamin B6, Vitamin C, Vitamin E, Vitamin K

Nutritional value of one portion	Value
Energy	1139.3 kJ
Carbohydrate	7.9 g
Fat	18.2 g
Protein	18.4 g
Water	17.3 g



GN container Stainless  
steel full