

# BEEF IN OYSTER SAUCE

2 Portions | Preparation time 45 min

## INGREDIENTS

300 g / beef short loin

2 pieces / carrots

1 piece / sweet pepper

1 piece / red onion

150 g / green string beans

6 pieces / mini corn cobs

4 tbsp / oyster sauce

150 ml / vegetable bullion

100 g / jasmine rice

2 tsp / honey

olive oil

Salt pepper

## MARINATE

2 cloves / garlic

1 tbsp / fresh ginger

½ art / habanero peppers

5 tbsp / soy sauce

1 tbsp / sesame oil

Freshly ground pepper

## PURCHASE LIST

Beef short loin

2 carrots

Sweet pepper

Red onion

Green string beans

Mini corn cobs

Oyster sauce

Vegetable bullion

Jasmine rice

## INSTRUCTION

We prepare the marinade for the beef at the beginning. Two cloves of garlic, peel and squeeze through smashed into a bowl. Peel and grate the ginger. Habanero pepper cut in half and one of them finely chop. (I recommend doing it with gloves). We add soy sauce and sesame oil to the vegetables. Mix everything thoroughly and season with freshly ground pepper. Cut beef short loin into thin slices, strips across the meat fibers. then put the beef to marinade and thoroughly mixed, leave for approx. 30 minutes.

While the beef is marinating, we prepare jasmine rice and vegetables. We cook rice in salted water according to the recipe on the packaging. We pick, wash and cut the green string beans into smaller pieces. Then boil in salted water for 10-15 minutes so that it is firm. Peel and cut the red onion into feathers. Peel and cut the carrots into half-thalers. Cut the pepper in half lengthwise, remove the seeds and cut into strips. Warm up olive oil in a frying pan. We put red onion on the hot oil. After about a minute, add carrots, lightly salt and fry for about 2 minutes. After this time, add pepper and salt, fry the whole, until the vegetables are vitrified about 5-7 min. Put fried vegetables in a bowl. In the same frying pan, warm up the olive oil and throw the corn cobs cut into smaller pieces. We add 2 teaspoons of honey and freshly ground pepper. We glaze the corn for about 5 minutes. After this time, remove it from the pan and fry marinated beef. Doing we are parties to the meat he is fried for not cook with. Fry beef after a minute on each side. We also pour beef marinade into the pan. Put fried beef into the vegetable and pour the vegetable broth into the pan. When it boils, add 4 tablespoon of oyster sauce. The whole stew, until the sauce thickens slightly. Mix all the time while collecting remains of frying beef from the pan. When the sauce thickens, throw in fried vegetables, beef and cooked string beans. The reaction cook dip about 2 minutes.

Serve the prepared beef with jasmine rice.