



# Oriental Beef Stew

3 servings

## Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Oriental Stir Fry Sauce**
- 1 small carrot, cut into thick slices
- 1 tomato, cut into wedges
- ½ cup water or stock
- 1 small potato, cut into cubes
- 4 French beans, cut into slices
- 300g (10oz) Beef, cut into cubes
- 1 inch ginger, cut into thin slices
- 1 medium onion, cut into ½ rings

## Spices (optional)

- 1 pcs cardamom
- 1 pcs star anise
- ½ inch cinnamon stick
- 1 teaspoon black peppercorns

## Method:

- 1) Set crock pot at high heat. Add **AsianMeals® Oriental Stir Fry Sauce** and all the other ingredients, except the French beans. Stir mixture well and cook for 15 minutes
- 2) Lower heat to medium, cover pot and let it cook for about 3 hours or until the beef is tender
- 3) Add the French beans last and cook for a further 5 minutes. Serve hot with rice

## Chef's Tips:

For faster cooking, you can also use a heavy based saucepan to cook using the same method

