



Oriental Beef Stew (serves 3~4 pax)

Ingredients:

- 120gm (4.2oz) of Asian Meals Oriental Stir Fry sauce
- 360gm beef, cubed
- 5 French beans, sliced
- 1 medium onion, cut into ½ rings
- 1 small potato, cubed
- 1 small carrot, sliced thinly
- 1 tomato, wedged
- 1 inch ginger, sliced thinly
- ½ cup of water or stock

Optional Spices:

- 1 piece cardamom
- 1 piece star anise
- 1 tsp black peppercorns
- ½ inch cinnamon stick

Cooking Method:

1. Set crock pot at high heat. Add in Asian Meals Oriental Stir Fry sauce and all the other ingredients except French beans. Stir mixture well and cook for 15 minutes.
2. Lower heat to medium, cover pot and let it cook for 15 minutes.
3. Add in French beans last and cook for a further 5 minutes. Serve hot with rice.

Chef tips:

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

