

Stir fried Beef with celery and green peppers corn

Cuisine: **South-East Asian**

Food category: **Beef**



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Program steps

Preheating: **190 °C**

1 Combination 50 % Termination by time 00:15 hh:mm 180 °C 100 %

Ingredients - number of portions - 10

Name	Value	Unit
Beef tenderloin slice	1	kg
Celery	100	g
Green peppers corn	50	g
Corn flour	50	g
Sesame oil	20	ml
Oyster sauce	30	ml
Dark soy sauce	20	ml
Rice wine	30	ml
Garlic crush	20	g
Brown Sugar	20	g
Salt	10	g
Cooking oil	20	ml
Stock or water	50	ml
freshly ground black pepper	10	g

Directions

Marinate all the ingredients together excluding celery, wine and green peppers corn.
Place in the enameled GN container and sear for 5 minutes. Add celery, green peppers corn and continue to cook 10 more minutes.
Finished with rice wine and sprinkle with ground black pepper.

Nutrition and allergens

Allergens: SESAME, Shellfish, Soy
Minerals: 660 mg, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Sodium: 5, Zinc
Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	233 kJ
Carbohydrate	8 g
Fat	10.2 g
Protein	26.8 g
Water	77.5 g

Recommended accessories



Enameled GN
container