

# Braised Beef over flat rice noodles

Cuisine: **South-East Asian**

Food category: **Beef**



Author: [Myat Ko ko](#)

## Program steps

Preheating: 180 °C

1 Combination 50 % Termination by time 00:20 hh:mm 180 °C 100 %

## Ingredients - number of portions - 10

Name	Value	Unit
Beef brisket	1	kg
Rice wine	60	ml
Five spices powder	10	g
Chopped Tomato	400	g
Minced shallots	150	g
Minced Garlic	30	g
Spring onions	50	g
Star anise	4	pcs
cinnamon stick	1	pcs
Cooking oil	30	ml
sugar	30	g
Oyster sauce	30	ml
Black Pepper	10	g
Flat rice noodles	2	kg
Beef stock or water	1	l

## Directions

Cut the beef into bite size pieces, marinated with oyster sauce, sugar, five spice powder, wine and mix well, leave for 30 minutes.

Add mince shallots, garlic, spring onions, oil and saute for five minutes. Add chopped tomato and water or beef stock, star anise, cinnamon and braised for 25 minutes. Seasons the taste.

Blanch the flat rice noodles and place in the bowl pour over with braised beef and garnish with spring onions.

## Nutrition and allergens

Allergens: Shellfish

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc

Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	509.9 kJ
Carbohydrate	55.8 g
Fat	21.2 g
Protein	24.2 g
Water	142.6 g



GN container Stainless  
steel full