



## Chinese-style braised beef one-pot



Dairy Free



Popular

READY IN



160 min.

SERVINGS



6

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tbsp olive oil
- ☐ 6 garlic clove thinly sliced
- ☐ 1 piece ginger fresh shredded good peeled
- ☐ 1 bunch spring onion sliced
- ☐ 1 to 5 chillies red deseeded thinly sliced
- ☐ 1.5 kg beef cut into large pieces (we used ox cheek)
- ☐ 2 tbsp flour plain well
- ☐ 1 tsp five spice powder chinese

- ☐ 2 star anise
- ☐ 2 tsp g muscovado sugar light (or use whatever you've got)
- ☐ 3 tbsp sherry dry chinese
- ☐ 3 tbsp soya sauce dark plus more to serve
- ☐ 500 ml beef stock (we used Knorr Touch of Taste)
- ☐ 6 servings rice steamed

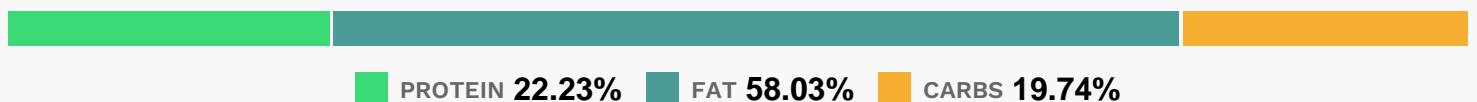
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat 2 tbsp of the oil in a large, shallow casserole. Fry the garlic, ginger, onions and chilli for 3 mins until soft and fragrant. Tip onto a plate. Toss the beef in the flour, add 1 tbsp more oil to the pan, then brown the meat in batches, adding the final tbsp oil if you need to. It should take about 5 mins to brown each batch properly.
- ☐ Add the five-spice and star anise (if using) to the pan, tip in the gingery mix, then fry for 1 min until the spices are fragrant.
- ☐ Add the sugar, then the beef and stir until combined. Keep the heat high, then splash in the wine or sherry, scraping up any meaty bits.
- ☐ Heat oven to 150C/fan 130C/gas
- ☐ Pour in the soy and stock (it wont cover the meat completely), bring to a simmer, then tightly cover, transfer to the oven and cook for 1-2 hrs, stirring the meat halfway through. The meat should be very soft, and any sinewy bits should have melted away. Season with more soy. This can now be chilled and frozen for up to 1 month.
- ☐ Nestle the cooked bok choy into the pan, then bring to the table with the basmati rice straight away and tuck in.

## Nutrition Facts



## Properties

Glycemic Index:49.7, Glycemic Load:24.24, Inflammation Score:-4, Nutrition Score:28.950434596642%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 913.53kcal (45.68%), Fat: 57.64g (88.67%), Saturated Fat: 20.28g (126.76%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 42.91g (15.6%), Sugar: 2.32g (2.58%), Cholesterol: 177.5mg (59.17%), Sodium: 842.92mg (36.65%), Alcohol: 0.77g (100%), Alcohol %: 0.23% (100%), Protein: 49.68g (99.36%), Vitamin B12: 5.35µg (89.17%), Zinc: 11.29mg (75.25%), Selenium: 46.95µg (67.07%), Vitamin B3: 12.73mg (63.64%), Vitamin B6: 1.04mg (51.93%), Phosphorus: 503.99mg (50.4%), Iron: 6.41mg (35.6%), Manganese: 0.69mg (34.66%), Vitamin B2: 0.51mg (30.17%), Potassium: 979.33mg (27.98%), Vitamin B5: 1.82mg (18.17%), Magnesium: 70.39mg (17.6%), Vitamin K: 18.26µg (17.39%), Copper: 0.35mg (17.31%), Vitamin C: 12.73mg (15.43%), Vitamin E: 2.17mg (14.48%), Vitamin B1: 0.21mg (14.01%), Calcium: 84.45mg (8.45%), Folate: 33.75µg (8.44%), Fiber: 1.19g (4.75%), Vitamin A: 114.66IU (2.29%), Vitamin D: 0.25µg (1.67%)