

Succulent onion-marinated braised beef with parsley and ginger salad

Total time **70 mins 30 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):

4110.9 kJ / 980.2 kcal

INGREDIENTS

4 portion(s)

Ingredients for the spaetzle

300 g flour
 3 eggs
 150 ml milk
 1 tbsp salt

10 ml Kikkoman Naturally

Brewed Soy Sauce

Ingredients for the braised beef with

onions

beef saddle (sirloin)

steaks (about 200 g

each)

2.5 tsp oil for frying

1 tsp salt

4 large onions

2 tbsp Kikkoman Naturally

Brewed Soy Sauce

250 ml beef stock

Ingredients for the parsley and

ginger salad

1 bunch of fresh parsley

2 carrots20 g ginger

4 tbsp Kikkoman Naturally

Brewed Soy Sauce

4 tbsp Kikkoman Teriyaki Sauce

with Toasted Sesame

Juice of one lime

Fat: **40.2** g Protein: **75.7** g Carbohydrates: **74.3** g

PREPARATION

Step 1

300 g flour - **3** eggs - **150 ml** milk - **10 ml** Kikkoman Naturally Brewed Soy Sauce Sieve the flour into a bowl. Slowly add the eggs, Kikkoman Soy Sauce and the milk and stir in. Beat

the dough vigorously with a flat hand for about 5 minutes, holding the bowl firmly in place. The dough should become so elastic that the kneaded air comes out in bubbles. Once this is the case, let

the spaetzle dough stand for 30 minutes

Step 2

4 beef saddle (sirloin) steaks (about 200 g each) -

2.5 tsp oil

Fry the beef saddle (sirloin) steaks in a hot pan with oil for about 2 minutes on each side. Remove

the steaks and set them aside

Step 3

4 large onions - **3 tbsp** rapeseed oil - **4 tbsp** Kikkoman Naturally Brewed Soy Sauce - **250 ml**

beef stock - Beef steaks

Peel the onions and slice. Now fry the onions in the same pan as the meat until softened and deglaze with beef stock and Kikkoman Soy Sauce. Add back the steaks and let them finish cooking for 10 minutes in the oven at 130 °C top and bottom heat so they become nice and medium done.

1 bunch of fresh parsley - 2 carrots - 20 g ginger - 2 tbsp Kikkoman Naturally Brewed Soy Sauce - 2 tbsp Kikkoman Teriyaki Sauce with Toasted Sesame - Juice from one lime Wash the parsley and pluck off the leaves. Peel and finely grate the carrots and ginger. Mix the Kikkoman Soy Sauce, toasted sesame oil and lime juice together to make a marinade. Combine everything, mix well and marinate until ready to serve

Step 5

Spaetzle dough - **1 tbsp** salt
Bring approx. 3 I of salted water to the boil.
Squeeze the spaetzle dough through a press into the boiling salted water. Simmer until the spaetzle float to the surface of the water