

# 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**

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

## 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

**4** 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** carrots  
**20 g** ginger  
**4 tbsp** Kikkoman Naturally  
Brewed Soy Sauce  
**4 tbsp** Kikkoman Teriyaki Sauce  
with Toasted Sesame  
Juice of one lime

## 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.

### Step 4

**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 l 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