KIKKOMAN

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):
4,110.9 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