

# Braised beef with chilli and lime (Thai)

Cuisine: **South-East Asian**

Food category: **Beef**



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## Program steps

Preheating: 180 °C

1 Combination 40 % Termination by time 00:40 hh:mm 180 °C 100 %

## Ingredients - number of portions - 10

Name	Value	Unit
Meaty Beef Ribs	1	kg
Garlic	10	pcs
Lemongrass stalk	3	pcs
brown sugar	50	g
Salt	20	g
Onion chunk	100	g
lime juice	50	ml
Basil	10	g
Sawtooth leaf	10	g
Fresh green chilli	70	g
Crush black pepper	10	g

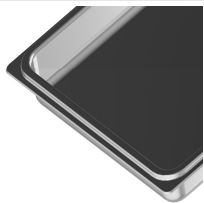
## Nutrition and allergens

Allergens:  
Minerals:  
Vitamins:

Nutritional value of one portion	Value
Energy	1129.4 kJ
Carbohydrate	5.6 g
Fat	18 g
Protein	18 g
Water	0 g

## Directions

- Marinate the beef with salt, brown sugar and braised for 30 minutes or until tender.
- Add garlic, onion, lemongrass, green chilli and braised for 10 more minutes.
- Sprinkles with lime juice, crush black pepper and fresh herbs before serving.



GN container Stainless  
steel full