



Honey Soy Beef

Ingredients:

- 800 grams Beef (Topside or Round), sliced into strips
- 1 Red Onion
- 2 cloves garlic
- 3cm piece Ginger
- ¼ teaspoon chilli flakes
- 2 teaspoons Turmeric
- 40 grams Olive Oil / Coconut Oil / Duck Fat
- 250grams Swiss Brown Mushrooms, sliced
- 1 handful of red lentils
- 40 grams Teriyaki Sauce (or Coconut Aminos) – make sure you use Gluten Free
- 100 grams Tamari Sauce (wheat free)
- 80 grams raw honey
- 500ml Meat Stock (chicken / beef / lamb)
- Salt and pepper to taste

Thermomix Method:

Chop the onion into quarters, add garlic cloves, Ginger and chop for 3 seconds on speed 6, scrape down the sides.

Add in the Chilli Flakes, Turmeric, Oil (or other fat) and sauté for 3 minutes, 100 degrees, speed 1, scrape down the sides, add in the beef strips and sauté on reverse speed low for 3 minutes at 100 degrees.

Scrape and stir through then add in the mushrooms, Teriyaki Sauce, Tamari, Honey, Meat Stock, red lentils and cook for 25 minutes, simmer basket on top, on reverse speed low, Varoma Temperature.

Once done, stir through and cook for a further 5 minutes, Varoma Temperature, reverse speed low, with simmering basket if the sauce isn't thickened enough.

Add salt and pepper to taste.

Serve on a bed of brown rice with steamed greens on the side.



Non Thermomix Method:

In a large casserole pot place the oil (or chosen fat) and heat, then add in the onion (finely sliced), crushed garlic, minced ginger and sauté for 5 minutes until soft.

Add in the Turmeric, Ginger, Chilli Flakes and stir around to bring out the aroma of the spices then add in the beef to brown.

Add in the rest of the ingredients, stir through and bring to the boil, then place the lid on and allow it to simmer on low for 25 minutes with the lid on.

For the last 5 minutes take the lid off, stir through to make sure it's not sticking and leave to simmer to allow the sauce to thicken (if not thick enough).

Serve on a bed of brown rice with steamed greens on the side.