

meat
肉类



Beef Roulade



20
mins/preparation
分钟/预备时间



5
mins/cooking
分钟/烹调时间



4
serves/persons
人份



- 1 packet Asian Home Gourmet Szechuan Dan Dan Noodle SpicePaste®
 - 350g (¾ lb) beef, thinly sliced
 - 1 tbsp vegetable oil
 - 100g (3½ oz) Enoki mushrooms, discard the roots and cut into 5cm (2") lengths
 - 60g (2 oz) cucumber, cut into strips of 5cm (2")
 - 60g (2 oz) carrot, peeled and cut into strips of 5cm (2")
 - 1 small onion, finely chopped
 - 110ml (½cup) water
 - 1 tbsp cornstarch (mix with 1 tbsp water)
 - spring onions, blanched
1. Place carrot, cucumber and mushrooms at one side of sliced beef. Fold in one end and roll up firmly to enclose the filling. Tie rolls with blanched spring onions.
 2. Heat oil in a non-stick saucepan on medium heat. Add onion and SpicePaste®, stir-fry for 1 minute.
 3. Stir in water and cornstarch solution; bring to a boil. Add beef rolls and cook at high heat for 2 minutes. Serve hot with rice.

牛肉卷

- 1包佳厨四川风味担担面香料酱
 - 350克(¾磅)牛肉,切成薄片
 - 1汤匙植物油
 - 100克(3½盎司)金针菇,去根并切成5公分(2寸)长
 - 60克(2盎司)黄瓜,切成5公分(2寸)细条
 - 60克(2盎司)胡萝卜,去皮并切5公分(2寸)细条
 - 1个小洋葱,切碎
 - 110毫升(½杯)清水
 - 1汤匙玉米淀粉与1汤匙清水搅拌,作勾芡用
 - 青葱,用水烫过
1. 将胡萝卜、黄瓜及金针菇摆放在牛肉片上的一边。折入一端并卷紧以包入馅料。用烫过的青葱把牛肉卷打结。
 2. 用中火将不粘锅内的油烧热。加入洋葱及香料酱,拌炒1分钟。
 3. 拌入清水,勾芡并煮沸。将牛肉卷摆进去,用大火煮2分钟。趁热配饭食用。

Chef
recommended!!

