

Chunky Beef Chowder recipe

Total time **55 mins** 30 mins preparation time **25 mins** cooking time

INGREDIENTS

4 portion(s)

200 g	basmati rice
1 tsp	olive oil
2	red onions, finely sliced in wedges
1	carrot, peeled and very finely sliced
350 g	lean sirloin beef steak, thinly sliced into strips
2 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
900 ml	hot beef stock
2 tbsp	black bean sauce
1 tbsp	hot chilli sauce
115 g	baby spinach leaves
1 tbsp	fresh coriander, chopped

PREPARATION

Step 1

Rinse the rice thoroughly, place in a saucepan and pour in enough water to cover the rice by 2.5cm. Cook over a low heat, covered with a tight fitting lid for 20 minutes.

Step 2

When the rice has nearly cooked, prepare the chowder. Heat the oil in a large non-stick wok or saucepan and fry the onions for 5 minutes. Add the carrots and stir fry for a further 2 minutes. Add the beef strips and stir fry for 2 minutes. Add the soy sauce, stock, black bean sauce and chilli sauce. Simmer for 3 minutes. Stir the spinach leaves into the chowder and remove from the heat.

Step 3

Spoon the cooked rice into four bowls and ladle the chowder into the bowls. Garnish with coriander and serve.