

# **Slow Cooker Asian Beef Stew recipe**

Total time **375 mins 15 mins** preparation time **360 mins** cooking time

### **INGREDIENTS**

cornflour diluted in 1

green and red chilli, sliced, to garnish

steamed rice, to serve

tbsp cold water Thai basil leaves to

garnish

#### 4 portion(s)

2 tsp

800 g beef braising steak, Put the beef in a bowl and add the soy sauce, cubed minced garlic, sugar, five spice powder, pepper, and lemongrass. Mix to combine, cover and leave 3 tbsp Kikkoman Naturally **Brewed Soy Sauce** to marinate for an hour. 3 garlic cloves, minced palm sugar or dark 1 tbsp Step 2 brown sugar five spice powder Heat 2 tbsp of oil in a non-stick frying pan and 2 tsp brown the beef, in batches, until nicely coloured. 1 tsp ground pepper Transfer to the slow cooker. 2 lemongrass stalks, outer leaves removed, finely chopped Step 3 3 tbsp vegetable oil 3 large shallots, finely Wipe the pan and heat the remaining oil. Fry the shallots for 5 minutes until softened. chopped 3 carrots, peeled and cubed Step 4 400 g butternut squash, cubed green chillies, deseeded Stir in the carrots, squash and chillies and cook for 2 another 5 minutes. and sliced 4 large tomatoes, deseeded and chopped Step 5 2 tbsp tomato paste 250 ml beef stock Add the tomatoes, tomato paste, stock, star anise, 2 star anise cinnamon sticks and bring to a simmer. 2 cinnamon sticks

**PREPARATION** 

Step 1

## Step 6

Transfer to the slow cooker and stir in the cornflour.

#### Step 7

Cover and cook on low for 6 hours. Remove the cinnamon sticks and star anise.

## Step 8

Garnish with chillies and Thai basil and serve over steamed rice.