

# Slow Cooker Asian Beef Stew recipe

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

## INGREDIENTS

4 portion(s)

<b>800 g</b>	beef braising steak, cubed
<b>3 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce
<b>3</b>	garlic cloves, minced
<b>1 tbsp</b>	palm sugar or dark brown sugar
<b>2 tsp</b>	five spice powder
<b>1 tsp</b>	ground pepper
<b>2</b>	lemongrass stalks, outer leaves removed, finely chopped
<b>3 tbsp</b>	vegetable oil
<b>3</b>	large shallots, finely chopped
<b>3</b>	carrots, peeled and cubed
<b>400 g</b>	butternut squash, cubed
<b>2</b>	green chillies, deseeded and sliced
<b>4</b>	large tomatoes, deseeded and chopped
<b>2 tbsp</b>	tomato paste
<b>250 ml</b>	beef stock
<b>2</b>	star anise
<b>2</b>	cinnamon sticks
<b>2 tsp</b>	cornflour diluted in 1 tbsp cold water
	Thai basil leaves to garnish
	green and red chilli, sliced, to garnish
	steamed rice, to serve

## PREPARATION

### Step 1

Put the beef in a bowl and add the soy sauce, minced garlic, sugar, five spice powder, pepper, and lemongrass. Mix to combine, cover and leave to marinate for an hour.

### Step 2

Heat 2 tbsp of oil in a non-stick frying pan and brown the beef, in batches, until nicely coloured. Transfer to the slow cooker.

### Step 3

Wipe the pan and heat the remaining oil. Fry the shallots for 5 minutes until softened.

### Step 4

Stir in the carrots, squash and chillies and cook for another 5 minutes.

### Step 5

Add the tomatoes, tomato paste, stock, star anise, cinnamon sticks and bring to a simmer.

### 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.