



## Beef Pares

### Ingredients

- 2 tbsp Vegetable Oil
- 2 cloves Garlic
- 1 pc Ginger
- 1 pc Onion
- 0.5 kg Beef
- 0.5 tsp Five Spice Powder
- 0.25 tsp Freshly ground pepper
- 2 tbsp Brown Sugar
- 4 tbsp MAGGI® Oyster Sauce
- 1 tsp Sesame Oil
- 1 tbsp Spring Onion
- 1 tbsp Toasted Garlic

### Instruction

1. Sauté garlic, ginger and onion in oil in a pot. Add beef, five spice powder, pepper, sugar and MAGGI® Oyster Sauce.
2. Barely cover with water and simmer until tender. Skim off fat.
3. Add sesame oil. Transfer into a serving plate and garnish with spring onion and toasted garlic.

### Nutrition

Carbohydrates	21.41 g
Energy	701.01 kcal
Fats	64.84 g
Protein	9.01 g

150 Minutes

6 4-6 Servings