Main dishes / England

beef strips and Brussels sprouts skillet · England

A savoury England-inspired Studio variation with Brussels sprouts, beef strips and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g beef strips
- ☐ 180 ml low-salt vegetable stock
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g Brussels sprouts
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Clean the Brussels sprouts and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the Brussels sprouts and cook for a few minutes.

03 Add the stock, cover and simmer for 12 minutes until the vegetables are tender.

04 Cook the beef strips thoroughly in a separate pan until the centre reaches at least 71°C.

05 Combine the cooked main ingredient with the vegetables. Stir in the English mustard, dried sage, fresh parsley and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-gb-eng-01-08-a876538