Main dishes / England

brown rice with beef strips and Brussels sprouts · England

A complete grain dish with beef strips, Brussels sprouts and a England-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g brown rice
- ☐ 500 g Brussels sprouts
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g beef strips
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the brown rice in plenty of water according to its packet, then drain well.

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

03 Heat the oil and soften the onion for five minutes. Add the Brussels sprouts and cook for a few minutes. Add a splash of water, cover and cook for 12 minutes.

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

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

AI-developed, not kitchen-tested.

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