Main dishes / Scotland

beef strips and courgette skillet · Scotland

A savoury Scotland-inspired Studio variation with courgette, 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
- ☐ 10 g chives
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g courgette
- ☐ 15 g wholegrain mustard
- ☐ 2 g dried thyme

Let's make it.

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

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

03 Add the stock, cover and simmer for 7 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 wholegrain mustard, chives, dried thyme 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.
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