Main dishes / United States

beef strips and cauliflower skillet · United States

A savoury United States-inspired Studio variation with cauliflower, 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 ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g cauliflower
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

Let's make it.

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

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

03 Add the stock, cover and simmer for 10 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 smoked paprika, ground cumin, 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.
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