

Okra Beef Stew with Vermicelli Rice

A savory blend of tender Beef Stew with Okra, served over a bed of fluffy Vermicelli Rice.












Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking

What you'll need

Oil, Salt, Black pepper, Cooking pot, Measuring jug, Chopping board, Knife, Cooking pan.

Ingredients (2 persons)

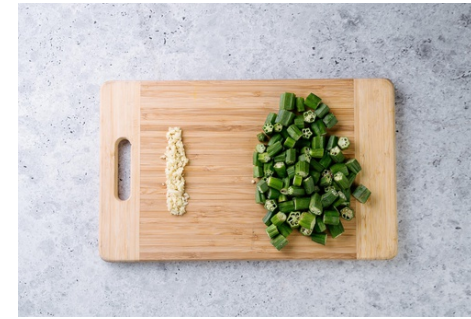
-  Vermicelli Rice 30GR
-  Basmati Rice 150GR
-  Water 400ML
-  Garlic 7GR
-  Coriander Powder 2GR
-  Beef Tenderloin Cubes 320GR
-  Okra 200GR
-  Home Made Tomato Sauce 200GR
-  Home Made Vegetable Stock 50ML
-  Pine Nuts 15GR

Method



Cook the Rice

Rinse the **rice** under running water until the water runs clear. In a cooking pot over medium heat, add a drizzle of **oil** and toast the **vermicelli** for 1-3 minutes until it turns golden brown. Add the **rice** and toss it with the **vermicelli** for 30 seconds. Then, pour in the **water** and cook uncovered for 1-3 minutes before placing the lid on and cooking on low heat for 12 minutes.



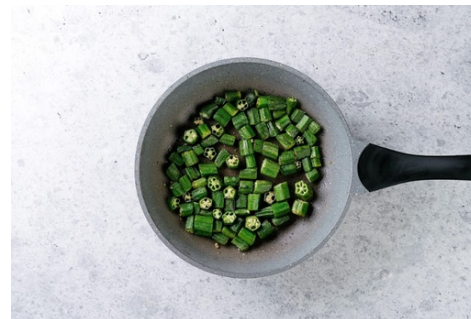
Prep the Ingredients

Peel and finely chop **garlic**, and trim and slice the **okra**. Jump to the next step while cutting the **vegetable**.



Cook the Beef

Heat a cooking pan over medium heat. Once hot, add the **beef cubes** and cook for 5-7 minutes, season with **black pepper** and **salt**. Add the **garlic** and cook for 1 minute. Once done, remove the **beef** from the pan and set it aside.



Cook the Okra

Using the same cooking pan, add **oil** if needed and add the sliced **okra**. Cook it for 3-5 minutes while seasoning it with **salt**.



Final Touches

Return the **beef** to the pan with the **okra** and add the **coriander powder**, **tomato paste**, **vegetable stock**, and **tomato sauce**. Bring it to a boil and cook for 5-7 minutes. Adjust the seasoning with **black pepper** and **salt**.



Serve and Enjoy!

Serve the **beef** and **okra stew** over **vermicelli rice**, garnished with **pine nuts**.

Allergens **Nuts**