



## Beef with wasabi

### Ingredients:

1 onion  
 200 g fine green beans  
 2 tsp wasabi paste  
 2 tbsp honey  
 500 g rump steak  
 200 ml beef stock  
 Salt and pepper  
 2 garlic cloves  
 100 g mung bean sprouts  
 4 tbsp soy sauce  
 2 tbsp hot mustard  
 4 tbsp high-heat oil

### Accessories:

Induction wok  
 Multi-element  
 Griddle

### Preparation:

Peel the onion and slice into strips. Peel the garlic and chop. Wash and halve the beans. Wash and drain the mung bean sprouts.  
 Mix together the wasabi paste, soy sauce, honey and mustard. Cut the beef into diagonal strips of approx. 1 cm.  
 Heat some of the oil in the wok, add the onions, garlic and beans and cook for approx. 2 mins. Remove from the wok.  
 Heat 1 tbsp of oil in the wok. Stir-fry the beef over a high heat for approx. 2 mins until brown. Reduce the heat and stir in the honey and wasabi mixture. Remove from the wok.  
 Add the bean mixture and stock to the wok and cook for another 2 mins.  
 Stir in the sprouts and cook for approx. 1 more minute.  
 Add the wasabi meat. Season with salt and pepper. Serve with Basmati rice.

### Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

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**5124 g CO<sub>2</sub> per portion**

224 % MORE CO<sub>2</sub> than the average when preparing this recipe.

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