

# Semur Daging – Beef cooked in Soya Sauce (Indonesia)

## Meat Main Meal



This recipe makes  
100 x 113g  
or 75 x 169g  
servings

25 minutes  
prep time

1 hour 30 mins  
cooking time

### Ingredients

- 100ml Vegetable oil
- 1360g Diced onions
- 1420g Diced carrots
- 1250g Canned, chopped tomatoes
- 1410g Frozen green beans
- 60g Fresh garlic, crushed
- 25g Ground ginger
- 5600g Diced beef
- 25g Ground cardamom
- 20g Ground cinnamon
- 500g Red lentils
- 50g Brown sugar
- 100ml Soya sauce
- 165ml Lime juice
- 3200ml Vegetable stock
- 15g Black pepper

### Method

1. In a large saucepan heat the oil and fry the onions until soft
2. Add the garlic, ground ginger and fry again, stirring the onions until golden
3. Add the meat and sauté for 25 minutes
4. Add the vegetables (except green beans), tomatoes, lentils, remaining spices, pepper, soya sauce, sugar, lime juice and stock. Bring to the boil, cover and simmer until the meat is tender and the liquid has reduced for approx 50 minutes
5. Add green beans 15 minutes before cooking complete

100 Primary  
or 75  
Secondary  
portions

**Tip =**  
Serve with  
boiled white  
and brown  
rice and  
salad

**High  
in zinc**

Recipe with  
thanks to  
Pamela  
Lalbachan,  
George Dixon  
Primary school  
and Cityserve  
Direct Services

Nutritional content	Per 100g	Pri serving	Sec serving
Energy kcal	112	127	189
Fat g	3.9	4.4	6.6
Saturates g	1.3	1.5	2.2
Carbohydrate g	7.3	8.2	12.3
NME sugars g	0.0	0.0	0.0
Fibre/NSP g	0.9	1.0	1.5
Protein g	13.0	14.7	22.0
Iron mg	1.9	2.1	3.2
Zinc mg	3.3	3.7	5.6
Calcium mg	21	24	35
Vitamin A ug	82	93	139
Vitamin C mg	2.0	2.3	3.4
Folate ug	20	23	34
Sodium mg	227	257	384