

Grilled Beef Tenderloin

with Black Vinegar Infused Ginger Rice



ENTRÉE •

Grilled Beef Tenderloin

with Black Vinegar Infused Ginger Rice

Ingredients:

- Beef tenderloin 300gm (2pcs of 150gm beef tenderloin)
- Brown rice (steamed) 300gm
- Ginger (sliced) 20gm
- Garlic (chopped) 10gm
- Black vinegar 20cc
- Sesame oil 2 tbsp
- Red cabbage (sliced) 100gm
- Onion 30gm
- Spring onion 10gm
- Chicken stock 100cc
- Seasoning (salt/pepper) to taste
- Chinese parsley for garnish



Serving Size: 2 pax

Method of cooking:

- With a mixing bowl, mix the brown rice with ginger, garlic, red cabbage, onion, spring onion, sesame oil, and black vinegar
- Wrap the rice using cling film and steam for 5 minutes
- Season the beef using salt and black pepper
- Grill beef for 2 minutes on each side
- Allow grilled beef to cool for 5 minutes
- Slice beef tenderloin into thin slices, place it over the rice
- Season/add Chinese parsley
- Serve

Tips

- When grilling any beef steak, either sear all sides of beef using a high heat pan, or grill both sides of beef till cooked. Allow beef to cool for few minutes before slicing it – this process will lock in the juice and result in a juicier steak

ENTRÉE •