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Beef Bowl Recipe

Ingredients

- ◆ **Fatty Beef Rolls:** 200g
- ◆ **Rice:** 1 bowl (approximately 200g)
- ◆ **Onion:** 1 piece (approximately 50g, shredded)
- ◆ **Egg:** 1 piece
- ◆ **Broccoli:** 100g (cut into small pieces)
- ◆ **Carrot:** 20g
- ◆ **Yinghok Fat Beef Sauce:** 100-120g

Instructions

1. Prep: Bring water to a boil, add 1g of salt and a few drops of oil. Put in sliced carrots and chopped broccoli, blanch until cooked through, then remove and set aside. Shred the onion and set aside.
2. Cooking & Seasoning:
 - Pour oil into a pan, crack in the egg, and fry over low heat until golden brown on both sides. Remove and set aside.
 - Add a little more oil to the same pan, add shredded onion and stir-fry until soft. Put in the fatty beef rolls and stir-fry until they change color. Drizzle in fatty beef sauce and cook until the sauce thickens (it is recommended to use the sauce and ingredients in a ratio of 3:1; adjust according to taste).
3. Plating & Serving: Place the rice in a bowl, top with the fatty beef and its sauce, then serve with the fried egg, blanched broccoli and carrots.

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