

SAUTÉED LOIN



Category: Fish and meat
main courses

Created: on 2021-09-21
Qualified by: Supercook CL
Suggested by: Kitchen
Center
Total preparation time:
23:15 Minutes

Suitable for machine:
- Supercook SC250
- Supercook SC300
- Supercook SC350
- Supercook SC380
- Supercook SC400

INGREDIENTS FOR 4 SERVES

700 gram	cow smooth loin
1/2	Red bell pepper
1	chives
1	onion
1/2	green chillies
2 clove	garlic
2	plum tomatoes
50 milliliter	broth, beef
30 milliliter	liquid smoke
30 milliliter	soy sauce
90 milliliter	cooking oil

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).