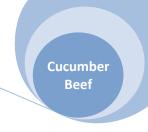
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Cucumber & Beef

Preparations:

- Marinate the beef with salt, pepper and garlic.
 Set aside while you preparing other ingredients.
- 2. Heat oil in the heavy base pan on a medium heat. Sauté the marinated beef until golden brown. The garlic will give fragrance to the beef. Cover and cook for approximately 4 minutes.
- 3. Add the sliced onion and cook until it is softened. Then add in the diced tomatoes. Cover and let it soften for about 2 minutes.

Serving: 2-3 persons

Ingredients:

- 150 gm beef
- 1 large cucumber; cubed to medium size
- 1 medium tomatoes; diced
- 1 small red onion; sliced thinly
- 1 clove garlic; crushed
- 1/2 cup hot water
- 2 tablespoons cooking oil
- Salt and pepper
- 4. Add the cucumber cubes, sauté for one minute before adding the hot water. Season with salt and pepper. Cover and reduce the heat. Let it simmer and cook until the meat is tender and the cucumber has softened. (Add more water if necessary)
- 5. Transfer to serving plate. Serve immediately.

Tips:

- I prefer to season the meat with salt and pepper at the beginning so that the meat has its own taste.
- The usage of tomato in cooking as an agent to add flavor and to thicken the sauce.
- It is important to use a hot water because it will bring out the taste of each ingredient quickly.