



Asian food is great for fast, fresh meals. Prepare these delicious Asian-inspired recipes at home that are filled with flavour.

Our Favourite Asian-Inspired Recipes

With planes grounded and borders fenced off, 2020 has had a distinct lack of intrepid cuisine.

Australia's proximity to Asia means we love to dip off to Bali for a long weekend or grab some tropical rays in Thailand in the winter. And with this taken off our plates, we've been missing some of the flavours we might routinely experience at this time of the year.

To help you get your fix, we've put together some of our favourite Asian-inspired meals.

Asian Style Fried Ginger Asparagus



This plate of greens makes for a versatile side dish, this classic Asian recipe is sure to give you an out-of-country experience.

It's simple, too: a liberal 1.2kg of asparagus is sautéed on medium heat with ginger and butter, and then glazed with sesame oil, oyster sauce and soy sauce. Coriander adds extra dimension, and you can pair with steamed basmati rice to build the meal out.

Get the full [Asian Style Fried Ginger Asparagus recipe](#).

Asian Chicken Meatballs Soup with Noodles and Vegetables



This one's a little different. Yes, you've had chicken soup, but have you ever opted for juicy chicken meatballs instead of torn strips? If not, here's how to take your tastebuds to a new land.

Form chicken mince into mouth-sized balls by combining with ginger, chilli sauce, corianders and cornflour. These will be cooked in chicken stock in on FullSteam at 100°C for 10 minutes before veggies, noodles and sauces are added to the mixture and then chucked back in for another two minutes.

Read the full [Asian Chicken Meatball Soup with Noodles and Vegetables](#), and take note: if you make more than you can eat, this recipe tastes great the next day. Reheating on FullSteam at 100°C in a ceramic bowl will take 10 minutes.



Thai Beef Salad



Scrumptious salad, bountiful beef... this dish has the best of both worlds. Using eye fillet and cooking to perfection is key. Luckily, we have the perfect method.

Place the beef on a wire rack over a multi-purpose pan and brush with olive oil. Insert beef on a MultiPoint MeatProbe into the centre of the beef, place on shelf level three, and connect the probe to the oven. Set internal temperature to 54°C and use high steam. When the fillet reaches temperature, allow to rest for 10-15 minutes before slicing thinly.

For the salad component, read the full [Thai Beef Salad recipe](#).

Twice Cooked Duck with Steamed Asian Greens and Red Rice



If you're truly missing a taste of the orient, twice cooked duck will cure what ails you.

Our method of steaming first counters duck's notorious fat levels to make the meat succulent. After you've rinsed and dried, stuff with ginger, garlic, and spring onion wedges. Place on a perforated tray and make multiple piercings with a skewer. Then set oven to FullSteam, pop the duck on shelf three above a tray to catch rendered duck fat, and cook at 100°C for 40 minutes.

To find out how to perfect the second stage, read the full [Twice Cooked Duck with Steamed Asian Greens and Red Rice](#) recipe and be transported to flavour town.

About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.

Learn more about NEFF [here](#).