

# Beef bourguignon with mash & seasonal greens

(Serves 2)

## Ingredients

- 200g Beef, casserole steak, extra lean, diced
- 120 mls Wine, red
- 1/2 tsp Mixed herbs, dried
- 1/4 tsp Black pepper
- 1 Garlic clove, crushed
- 150g Onions, shallots
- 1tbsp Oil, Rapeseed (Canola)
- 100g Carrots, diced
- 100g Mushrooms, button, whole
- 1 tbsp Flour, plain
- 1/2 Stock pot, (knorr, rich beef)
- 500 mls Water
- 1/2 tsp Sugar
- 350g Potatoes, peeled & cut into chunks
- 1/2 tsp Salt, reduced sodium
- 100mls Milk, semi-skimmed
- 200g Seasonal greens

## Preparation

1. In a bowl, mix diced beef, red wine, mixed herbs, black pepper & garlic clove.
2. Cover & leave in fridge to marinate for 1-4 hours.
3. Trim shallots. Parboil for 2 minutes with skins on. Plunge into cold water for 1 minute. Drain. Remove skins. Set aside.
4. Remove beef from marinade & dry on kitchen roll. Keep marinade.
5. Pre-heat oven to 180°C/350°F/Gas Mark 4(160° fan).
6. Heat oil on hob in a flameproof casserole pot. Add marinated beef & cook on a high heat for 5-6 minutes, stirring frequently.
7. Remove meat from pan. Add 2 tbsps marinade to pan & stir to deglaze. Keep in pan.
8. Add carrots, mushrooms & shallots & cook for 2-3 mins.
9. Add beef. Shake flour over & stir.
10. Dissolve stock pot in the 500mls of boiling water. Stir in sugar. Pour over beef & mix well.
11. Add remaining marinade & bring to boil.
12. Cover & transfer to oven. Bake for appx 1.5-2 hours, or until meat tender.
13. After 1 hour, check there is enough water left in pot. If very low, add a bit more boiling water.
14. 20 mins before end of cooking time, boil potatoes in salted water (using the 1/2 tsp salt) until soft (approx 15 mins).
15. Drain potatoes & mash with milk.
16. Serve bourguignon with mash & seasonal greens cooked to taste.

**TOP TIP:** The beef can be left marinating overnight in fridge if it makes it easier to prep the day before.

**NUTRITIONAL VALUES  
PER SERVING**

Calories 574  
Total Sugars 19.65g  
Total Fats 15.64g  
Saturated Fats 3.72g  
Salt 2.00g  
Fruit & Veg 3