

Braised steak, onions & mushrooms with mash & sprouts

(Serves 2)

Ingredients

- 1tbsp Oil, Rapeseed (Canola)
- 250g Beef, casserole steak, extra lean, diced
- 2 tbsps Flour, plain
- 100g Carrots, diced
- 160g Onions, sliced
- 100g Mushrooms, button, whole
- 1 tsp Mixed herbs, dried
- 1/2 Stock pot, (knorr, rich beef)
- 500 mls Water
- 350g Potatoes, peeled & cut into chunks
- 1/4 tsp Salt, reduced sodium
- 100mls Milk, semi-skimmed
- 160g Brussel sprouts
- 1/4 tsp Black pepper

Preparation

1. Pre-heat oven to 180°C/350°F/Gas Mark 4(160° fan).
2. Heat oil on hob in a flameproof lidded casserole pot. Add beef & cook on a high heat for 5-6 minutes, stirring frequently.
3. Remove meat from pan. Coat with flour & set to one side.
4. Add carrots, mushrooms & onions to pan & cook for 2-3 mins.
5. Add beef & mixed herbs & stir.
6. Dissolve 1/2 stock pot in the 500mls of boiling water. Pour over beef & vegetables. Mix well.
7. Bring to boil.
8. Cover & transfer to oven. Bake for appx 1.5-2 hours, or until meat tender.
9. Check periodically. If stock low, add a bit more boiling water.
10. 20 mins before end of cooking time, boil potatoes in salted water (using the 1/4 tsp salt) until soft (approx 15 mins).
11. Drain potatoes & mash with milk.
12. Serve braised steak with mash & sprouts cooked to taste.
13. Season with black pepper.

TOP TIP: Don't like sprouts! Use 160g of any seasonal greens.

NUTRITIONAL VALUES PER SERVING

Calories 535
Total Sugars 14.31g
Total Fats 17.27g
Saturated Fats 4.4g
Salt 1.82g
Fruit & Veg 3.25