

WEEK



RECIPE OF THE WEEK

By **David Gillick**
Nutrition Support

DAVID'S RECIPE OF THE WEEK

BEEF STEW (DINNER)

INGREDIENTS (SERVES 4)

400g stewing beef, cubed & trimmed	500ml beef stock
1 large sweet potato, cubed	1 tin chopped tomatoes
1 large onion, diced	1 tsp dried sage
2 garlic cloves, diced	1 tsp dried rosemary
1 red pepper, diced	2 tbsp Worcester sauce
1 green pepper, diced	2 tbsp balsamic vinegar
1 courgette, sliced	Salt and pepper

METHOD

1. Heat oil in a casserole dish and sauté onion for 3 minutes. Add garlic and stir for 2 minutes.
2. Add the beef and allow to brown, and then add the courgette, peppers, sweet potato, herbs and tinned tomatoes.
3. Pour in the stock along with the Worcester sauce and balsamic vinegar. Season with salt and pepper, and stir everything well.
4. Bring to boil and allow to simmer for 40 minutes, or transfer dish to oven and roast for 1 hour at 170°C.