



RESCUING FOOD • NOURISHING COMMUNITIES



# RECIPE CARD



Recipes developed in conjunction with the University of Otago Human Nutrition Department

# BEEF CASSEROLE WITH POTATOES

SERVES 4-5



## INGREDIENTS

- 300g diced beef blade steak
- Plain flour
- Cooking oil
- Salt
- 6 large potatoes

### ***Any combination of vegetables:***

- Capsicum (sliced)
- Zucchini/ courgette (sliced)
- Carrot (sliced)
- Pumpkin (cubed)
- Kumara (cubed)

### ***Satay Sauce Ingredients:***

- 400g tomatoes fresh or canned
- 1 diced onion
- 1 tsp sugar
- 1 cup beef, chicken or vegetable stock
- 1 Tbsp soy sauce
- 1 Tbsp tomato sauce or tomato paste
- 1 tsp Worcestershire sauce (optional)
- 1 Tbsp thyme OR 1 bay leaf OR rosemary (optional)

## METHOD

Read instructions carefully so that potatoes and casserole are ready to eat at the same time.

1. Pre-heat oven to 180°C on Bake setting.
2. Combine all tomato base ingredients in a casserole dish. Add the herbs, spices and sauces.
3. Use knife and chopping board to prepare 2 cups of vegetables.
4. Add vegetables to the casserole dish.
5. Dice meat into cubes. Coat cubes with flour. Heat 1-2 tsp vegetable oil in a frying pan, add meat and heat until the outside is brown (the meat doesn't need to be cooked right through at this stage). Take meat off the heat and add to casserole dish.
6. Place lid on casserole dish and put in oven. Cook for 2 hours (until meat is tender). Stir every 30 minutes and add water (¼ cup at a time) if needed.
7. After casserole has been in oven for 1½ hours, boil potatoes. Add potatoes to a pot with ½ tsp salt and cover with water. Bring to the boil. Simmer until soft when stabbed with a knife (approx. 20 minutes). Drain. Leave whole or mash with a little milk and/or butter/margarine.
8. Serve casserole over potatoes.