

Beef Goulash

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How difficult is it?



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Warming, comforting, and only one pan to wash up, perfect for winter suppers. Succulent pieces of beef and vegetables in a silky-smooth flavoursome sauce. There is very little effort involved, once it's in the oven you can leave it to cook by itself. Can be prepared ahead for a busy weeknight, and especially good made in a slow cooker.

Ingredients

- 400 g braising steak into roughly 2cm cubes
- 1 tbsp vegetable oil
- 500 g waxy potatoes, diced into roughly 2cm cubes
- 150 g mushrooms halved or quartered
- 1 whole pepper chopped into 2cm squares
- 2 tsp paprika smoked, if available
- 1 tsp rice flour
- 500 g passata
- 10 g fresh parsley, chopped

Method

1. Heat the oil in a heavy-bottomed pan over a medium heat, and add the beef. Stir occasionally until browned all over. Add the rice flour and paprika, and stir through, until all the juices have been mixed in.
2. Add all the other ingredients and cover. You can then either simmer gently on the hob for 30 minutes (stirring every so often), or bake in the oven for 45 minutes at 160C fan/GM4. Or you can cook in a slow cooker on low for 6-8 hours - just make sure the potatoes are well covered with the sauce.



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