

# QCOOK

## Strandveld's Beef Stew

with homemade flatbreads

**Hands-on Time:** 50 minutes

**Overall Time:** 65 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Strandveld Winery

**Wine Pairing:** Strandveld | Syrah

Nutritional Info	Per 100g	Per Portion
Energy	531kj	4705kj
Energy	127kcal	1125kcal
Protein	6.8g	59.9g
Carbs	18g	163g
of which sugars	2.2g	19.4g
Fibre	1.6g	14g
Fat	1.6g	14.6g
of which saturated	0.6g	5g
Sodium	367mg	3246mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Alcohol

**Spice Level:** None

Eat Within 4 Days



## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
450g	600g	Beef Rump Strips
240g	240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
2	2	Onions <i>peel &amp; finely dice</i>
3	4	Beef Stock Sachets
30ml	40ml	NOMU One For All Rub
45ml	60ml	Red Wine
300ml	400ml	Tomato Passata
180g	240g	Butter Beans <i>drain &amp; rinse</i>
375g	500ml	Self-raising Flour
16g	20g	Mixed Herbs <i>(8g [10g] Fresh Oregano &amp; 8g [10g] Fresh Parsley)</i>
250ml	375ml	Low Fat Plain Yoghurt

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Butter (optional)  
Paper Towel

**1. FLUFFY RICE** Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover. Rinse and roughly chop the mixed herbs.

**2. BROWN THE BEEF** Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. When hot, flash fry the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and set aside. Place the pan back on the heat and add the carrot and the onion. Fry until golden, 6-8 minutes (shifting occasionally). Dilute the beef stock with 600ml [800ml] of boiling water.

**3. SUPERB STOCK** When the onion is golden, add back the beef along with the NOMU rub and fry until fragrant, 1-2 minutes. Add the wine and simmer until almost all evaporated, 1-2 minutes. Add the tomato passata and the beef stock. Lower the heat and simmer until slightly reduced and thickened, 20-25 minutes. In the final 1-2 minutes, add the butter beans and beef strips to the stew so they can warm through.

**4. FAB FLATBREADS** Set aside 3 [4] tbsp of flour. Place the rest in a bowl with a good pinch of salt and the mixed herbs, reserving some parsley for garnishing later. Using your hands, rub in 30ml [40ml] of oil until it forms breadcrumbs. Add 100ml [140ml] of yoghurt until combined into a sticky ball. If too dry, add water in 5ml increments until combined. Use the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide into 1-2 pieces per portion and use a rolling pin or bottle to shape into flat discs, about 12-15 cm wide.

**5. FRY UNTIL CRISPY** Place a pan over high heat. When hot, cook the flatbreads one at a time until heated through and lightly crisped, 2 minutes per side. Smear butter (optional) or a drizzle of olive oil over the flatbread.

**6. WHAT A PLATE!** Plate up a generous serving of rice. Top with the delicious stew. Drizzle over the remaining yoghurt and garnish with the remaining parsley. Side with the buttery flatbreads and dig in, Chef!

**Chef's Tip** For tender beef, let your stew simmer low and slow. If it's bubbling vigorously, turn down the heat—high heat can make the meat tough.