

Beef Stew

Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor. For more recipes visit www.nikkimartin.co.nz.



Ingredients

800 grams of rump steak cut into cubes and seasoned with salt and pepper
2 onions, finely chopped
8 cloves of garlic crushed
1 tablespoon of mixed herbs
2 teaspoons of curry powder
½ teaspoon garam masala
3 red chillies, slit lengthwise
½ a cup of red wine
1 cup of chicken or beef stock
1 cup of tomato puree
4 ripe fresh tomatoes, chopped
1 tablespoon chopped parsley
1 tablespoon chopped fresh coriander leaves
1 tablespoon chopped basil

Method

Heat three tablespoons of pure virgin olive oil in a pan and add the seasoned beef. Stir and cook on high heat until the beef changes colour.

Remove and set aside.

In the same pan add the onions and garlic. Cook until the onions are soft and add the mixed herbs, curry powder, garam masala and chillies.

Cook for a couple of minutes, stirring frequently. Add the red wine and stir. When the liquid reduces to half add the chicken or beef stock, tomato puree and the fresh tomatoes and stir.

When it comes to a boil add the meat pieces. Stir thoroughly. When it comes to a boil again lower the heat and cover tightly. Cook until the meat is tender, stirring occasionally.

Add the parsley, fresh coriander and basil and stir.
