

BEEF AND POTATO STEW TOPPED WITH POTATO MEDALLIONS



INGREDIENTS

- 30ml (2 tbsp) sunflower oil
- 2 garlic cloves, finely chopped
- 1 onion, finely chopped
- 2 carrots, thickly sliced

- 4 celery stalks, chopped
- 800g beef shin
- 250g (1 punnet) button mushrooms, chopped
- 300ml beef stock
- 100g kale, chopped
- Salt and pepper, to taste
- 30ml (2 tbsp) fresh parsley, chopped
- 1kg new potatoes, halved and par boiled

INSTRUCTIONS

1. To make the stew, melt the butter and add the garlic, onion, carrot and celery in a casserole and sauté for a few seconds. Add the meat and cook for (+/- 20 minutes).
2. Add the mushrooms, stock, kale and season. Continue to cook for a further (+/- 10 minutes). Mix in the parsley.
3. Heat a little oil in a frying pan and toss through the potatoes to lightly fry until crispy and a little golden on the edges.
4. Once the stew is cooked spoon the potatoes over the top and serve.