

BEEF LIVER AND NEW POTATOES ONE POT



Serving: 4-6

Cooking Time: 45 minutes

Prep Time: 10 minutes

INGREDIENTS

- 30ml (2 tbsp) cake flour

- 10ml (2 tsp) paprika
- Salt and freshly ground black pepper, to taste
- 800g beef liver, cleaned and sliced
- 30ml (2 tbsp) vegetable oil
- 300g potatoes, halved and par boiled
- 2 stalks spring onion, chopped
- 30ml (2 tbsp) fresh coriander, leaves only chopped
- 125ml (½ cup) beef stock

INSTRUCTIONS

1. Mix the flour, 5ml (1 tsp) of the paprika, salt and pepper well and toss through the liver.
2. Heat the oil in a large frying pan or wok and cook the potatoes until cooked through, for (+/- 20 minutes) sprinkle with remaining paprika, remove and set aside.
3. In the same pan add the liver and toss to cook for (+/- 20 minutes). Sprinkle with the coriander and spring onions and toss through. Add back the potatoes and stir to combine well. Remove and keep warm.
4. Deglaze the pan with the stock to make a sauce.