

OX LIVER STEW SERVED ON A BED OF SLICED POTATOES AND RAW CHOPPED CHILLI



Serving: 4

Cooking Time: 50 min

Prep Time: 20 min

INGREDIENTS

- 30ml (2 tbsp) olive oil

- 1 onion, finely chopped
- 1 green pepper, seeded and sliced
- 1 tomato, grated
- 2 garlic cloves, finely chopped
- 3 red chillies, seeded and chopped
- Salt and freshly ground black pepper, to taste
- 300ml beef stock
- 500g ox liver, cleaned and cubed into large pieces
- 3 potatoes, skin on sliced

INSTRUCTIONS

1. In a large frying pan heat the oil and sauté the onion, green pepper, tomato, garlic, half of the chilli and season. Cook for a few minutes.
2. Pour in the stock and simmer for 10 minutes.
3. Add the liver and cook for about 20 minutes.
4. Heat oil in a deep pot and fry the potatoes until golden and drain.
5. Serve the potatoes topped with the ox liver and remainder fresh chillies.