

Save Our Stomachs

BEEF SUPPER IN A FLASH



A fantastic taste sensation and a quick way to jazz up tender strips of beef in under 20 minutes

This recipe serves 2 people and takes 10 minutes to prepare and 15-20 minutes to cook.

Cooking equipment you will need:

a large plastic food bag
a large non-stick frying pan
a chopping board
a sharp knife
a wooden spoon
a garlic crusher (if you have one)

Ingredients you will need:

225g Quality Standard lean beef stir fry strips
25g plain flour
Large pinch paprika powder
Salt and pepper
1tbsp oil
1 onion
2 garlic cloves
175g new potatoes
Dash Worcestershire sauce
1 beef stock cube
100g cherry tomatoes
Handful fresh parsley or chives

To prepare your ingredients:

- Finely chop the onions
- Finely crush or chop the garlic
- Cut the potatoes in half boil in a large saucepan for 20 minutes, drain and save for later
- Make up the beef stock in a measuring jug with 300ml boiling water
- Roughly chop the herbs

To cook the recipe:

- Place the flour in the plastic food bag with the paprika powder, salt and pepper. Seal and shake gently. Add the beef strips and toss in the seasoned flour.
- Heat the oil in a large non-stick frying pan, add the beef strips and stir-fry for 3-4 minutes
- Add the onion, garlic and cooked potatoes. Cook for a further 2-3 minutes
- Add the Worcestershire sauce, salt and pepper, if you need to, the stock and cherry tomatoes. Heat for 1-2 minutes
- Sprinkle over the herbs and serve immediately with vegetables of your choice and crusty bread