



SLOW COOKER BRAISED STEAK AND ONIONS

 5 portions

INGREDIENTS

- 1000 grams of beef, topside roast, semi-trimmed, raw
- 1 tbsp of oil, coconut [14 g]
- 2 medium units of onion, mature, brown skinned, peeled, raw [284 g]
- 3 cloves of garlic, raw [9 g]
- 2 cups of stock, chicken, home-prepared [480 g]
- 1.5 tbsps of sauce, worcestershire [26 g]
- 10 grams of thyme, dried, ground
- 10 grams of spices, bay leaf
- 10 grams of corn flour, whole-grain, white
- 2 tbsps of parsley, fresh [8 g]
- 500 grams of green Beans

COOKING METHOD

- 1° Heat the oil in a large frying pan over high heat. Cut steak into 3cm cubes. Cook the steaks, in 2 batches, for 3 minutes each side or until browned. Transfer to the slow cooker.
- 2° Add the coconut oil to the pan. Cook until foaming. Add the onions. Reduce heat to medium-low and cook, stirring often, for 10 minutes or until browned and tender. Add the garlic and cook, stirring, for 1 minute or until aromatic.
- 3° Add the stock, Worcestershire sauce, thyme and bay leaves. Bring to a simmer. Pour over the steaks in the slow cooker. Cover and cook on High for 5 hours or until beef is tender.
- 4° Combine the cornflour with water. Add to the slow cooker. Cook for 20 minutes or until the liquid has thickened slightly. Season. Stir through the parsley.
- 5° Sprinkle with extra parsley. Serve with green beans.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (459 g)	% DRI
ENERGY	91 kcal	416 kcal	21 %
FAT	4 g	18 g	27 %
FATTY ACIDS, TOTAL SATURATED	1 g	7 g	33 %
CHOLESTEROL	16 mg	75 mg	25 %
SODIUM	94 mg	433 mg	18 %
CARBOHYDRATE	4 g	16 g	5 %
SUGARS	1 g	4 g	—
FIBER	1 g	3 g	10 %
PROTEIN	11 g	49 g	—