



# Spiced beef casserole



Serves: 4

## Time

Preparation time 15 minutes

Cooking time 2 hours 30 minutes

## Ingredients

- low-calorie spray oil
- 1 teaspoon rapeseed, olive, corn or sunflower oil, if required
- 500g lean steak pieces (chuck or braising cut into 2cm cubes)
- 1 large onion, peeled and chopped
- 250g mushrooms, cleaned and cut into quarters
- ½ red pepper, deseeded and sliced
- 1 teaspoon mustard
- 1 teaspoon mild chilli powder
- 1 tablespoon Worcestershire sauce
- 2 tablespoons plain flour
- 1 beef stock cube (try to use low-salt) dissolved in 400ml boiling water
- freshly ground black pepper



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## Method

1. Preheat the oven to 160°C or gas mark 3.
2. Generously spray a large nonstick frying pan or casserole pan with oil and heat until very hot. Add the cubes of meat and fry quickly until golden brown. Remove with a slotted spoon and drain on kitchen paper.
3. Add the onion, mushrooms and pepper slices to the pan and fry, stirring occasionally for 3 minutes until they begin to soften (you may need more oil).
4. Put the mustard, chilli powder, Worcestershire sauce, and flour into a bowl and add 100ml of the stock. Whisk until smooth.
5. Add the remaining stock to the pan and bring to the boil. Pour about half the hot stock into the mustard mixture and whisk by hand to give a smooth paste, and then pour back into the pan, stirring over a high heat until thickened.
6. Season with freshly ground black pepper, and then return the meat to the pan. Bring to the boil.
7. Cover the casserole pan with a lid (if you are using a frying pan, transfer to an earthenware dish with a lid) and place in the oven for 2 hours 30 minutes or until the meat is tender.

## Tip

- This is perfect for making at the weekend and keeping in the fridge for 1–2 days, ready for reheating thoroughly for a quick week-night meal.
- This recipe can also be made in a slow cooker – just follow the recipe up to the end of point 5, then transfer it to a slow cooker instead of the oven and cook following manufacturer's instructions.

