



## **Braised Beef with Mediterranean Spices, Kipfler Potatoes, Heritage Carrots and Wilted Spinach**

*Serves 4-6*

### **Ingredients**

500g diced steak  
2 brown onions, diced  
2 sticks celery, diced  
¼ plain flour  
4 large field mushrooms, diced  
¼ teaspoons sumac  
¼ teaspoons turmeric  
¼ teaspoons fennel seeds  
1 tablespoon roasted garlic puree  
3 tablespoons tomato paste  
1 litre of water (red wine optional)  
200g kipfler potatoes, washed and dried  
4 heritage carrots, peeled  
1 bunch English Spinach  
2 tablespoons fresh herbs, chopped  
Salt and freshly cracked black pepper, to taste

*Making this recipe? Capture and share your meal with us on Instagram. Just hashtag #dandymarket& #TheKitchen.*

This initiative is funded by the Australian Government.





## Method

1. In a large bowl mix the diced beef with roasted garlic puree, sumac, turmeric and fennel seeds. Set aside and allow to marinate. Overnight if possible.
2. Dust beef in plain flour.
3. Using a large casserole pot and oil seal off diced caramelized.
4. Add diced vegetables, kipfler potatoes and tomato paste. Cook for a further 3 minutes.
5. De-glaze pan with 1 litre of water.
6. Bring to the boil, then turn down and simmer for approximately 2 hours or until tender.
7. Steam heritage carrots and spinach until cooked.
8. Add chopped herbs to casserole and place on plate with carrots and spinach.

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