



5-INGREDIENT BEEF STEW WITH MICROWAVE MASH



Serves 4

INGREDIENTS

For the stew:



800g stewing beef, cubed
2 cubes Knorrox Beef Flavour Stock Cubes
1 tin (410g) tomato and onion mix
1 tbsp sugar
2 cups frozen mixed vegetables (peas & carrots)
Salt and pepper, to season

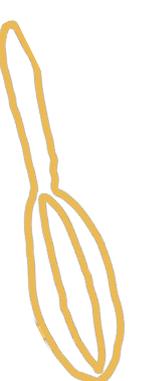
For the microwave mash:



5 medium potatoes, peeled and cut into 2cm cubes
2 tbsp butter
 $\frac{1}{3}$ cup milk, warmed
Salt and pepper, to season
1 tbsp chopped chives

METHOD

For the stew:

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1. Heat some oil in a large casserole pot over a high heat and sear the beef cubes until caramelised, about 3-5 minutes. **Chef's Tip: Do this in 2-3 batches so as not to overcrowd the pot.*
 2. Add the Knorrox Beef Flavour Stock Cubes, the tinned tomato and onion mix, sugar and $3\frac{1}{2}$ cups of water to cover the meat.
 3. Allow to simmer, with the lid at a slight slant, for about 1 hour or until the beef has softened. Remove the lid and cook about 15 more minutes or until the liquid has reduced and thickened into a rich, thick sauce.
 4. Add the frozen mixed vegetables to the stew and bring to the boil. Simmer until the vegetables are tender, about 8-10 minutes.

For the microwave mash:

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5. To prepare the mashed potatoes, rinse the cut potatoes and add them to a large microwave-safe bowl. Add $\frac{1}{2}$ cup water and cover the bowl with a microwave-safe lid or plastic wrap. **Chef's Tip: If using plastic wrap, cut a small vent for steam.*
 6. Microwave on high (700W) for 15-20 minutes or until the potatoes are soft. Toss them halfway through.
 7. Carefully remove the bowl from the microwave using oven mitts and drain any remaining water. Mash the potatoes while hot. Add the butter and milk and mix well until the mash is soft. Season to taste with salt and pepper and garnish with chopped chives.
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