Recipe © Rosemary Conley Enterprises

BEEF HOTPOT

A great way to use up any leftover beef to make a warming, low-fat, high-protein comfort meal.

Serves 4
Per serving: 240 calories, 3g fat
Protein: 18g
Carbohydrate: 28g
Fibre: 3.5g

Prep time: 10 minutes
Cook time: 40 minutes

INGREDIENTS

400g potatoes
1 vegetable stock pot
200g lean cooked beef
2 red onions, finely sliced
pinch fresh thyme
2 garlic cloves, crushed
150ml red wine
500ml light vegetable stock
1 tbsp freshly chopped herbs
4 tsps gravy powder
freshly ground black pepper

METHOD

1. Preheat the oven to 200˚C, 400˚F, Gas Mark 6. Boil the potatoes in a pan of water containing the vegetable stock pot, until soft.

2. Meanwhile, slice the beef and place in the base of an ovenproof dish. In a non-stick saucepan, dry-fry the onion and garlic until soft. Add the thyme and red wine and reduce by half before adding the stock and herbs. Mix the gravy powder with a little cold water then whisk into the stock to thicken. Simmer for 2-3 minutes then pour over the beef.

3. Drain the potatoes and cut into slices. Spread over the meat in an even layer. Lightly spray with oil spray. Bake in the top of the preheated oven for 20 minutes until golden brown. Serve with a selection of freshly cooked vegetables.

