

Beef Hotpot with savoy & red cabbage

(Serves 4)

Ingredients

- 800g Potatoes, peeled & sliced
- 2 tbsps Rapeseed oil (Canola)
- 500g Lean beef casserole steak, diced
- 200g Onions, diced
- 200g Carrots, diced
- 200g Swede, diced
- 200g Celery, chopped
- 100g Button mushrooms, halved
- 100g Red lentils (prepared as per packet)
- 1 tsp Black pepper
- 1 Stockpot (Knorr Rich beef)
- 750mls Water
- 2 tsps Worcestershire sauce
- 1 tbsp Mixed herbs, dried
- 1 Bay leaf
- 200g Savoy cabbage, chopped
- 100g Red cabbage

Preparation

1. Par boil potato slices in boiling water for 3-4 minutes only. Drain & leave to dry out.
2. Preheat oven to 170°C /325°F/Gas Mark 3 (150° fan).
3. On the hob, heat 1 tbsp of the oil in an oven proof, lidded casserole pot.
4. Sautee beef & onions on a high heat for 3-4 minutes.
5. Stir in carrots, swede, celery, mushrooms, prepared lentils & 1/2 tsp of the black pepper.
6. Dissolve stock pot in 750mls of boiling water.
7. Add stock, worcestershire sauce, mixed herbs & bay leaf. Stir. Bring to boil.
8. Cover & transfer to oven. Cook for approx 2 hours, or until meat tender.
9. Remove & increase oven heat to 200°C /400°F/Gas Mark 6 (180° fan).
10. Transfer hotpot to a large, rectangular oven-proof dish. Remove bay leaf.
11. Layer sliced potatoes on top of hotpot, overlapping edges slightly. Brush with remaining oil.
12. Return to oven uncovered for 30-40 mins, until potatoes fully cooked & nicely browned.
13. Cook cabbage by preferred method, to preferred texture. Sprinkle with other 1/2 tsp of black pepper.
14. Serve hotpot with savoy & red cabbage.

TOP TIP: Don't overlap potatoes too much if want crispy. If you have too many potatoes to fit on the dish, place rest on a lightly oiled baking tray & cook separately for approx 20 minutes.

**NUTRITIONAL VALUES
PER SERVING**

Calories 569

Total Sugars 14.7g

Total Fats 16.65g

Saturated Fats 3.85g

Salt 1.87g

Fruit & Veg 3.3