

A decorative border of various food items in a simple, hand-drawn orange line style surrounds the text. Items include a slice of pizza, a mushroom, a tomato, a carrot, a piece of meat, a slice of bread, a slice of watermelon, a slice of cheese, a slice of onion, a slice of pepper, a slice of garlic, a slice of ginger, a slice of lemon, a slice of lime, a slice of orange, a slice of apple, a slice of pear, a slice of banana, a slice of kiwi, a slice of pineapple, a slice of mango, a slice of papaya, a slice of guava, a slice of passion fruit, a slice of dragon fruit, a slice of jackfruit, a slice of breadfruit, a slice of yam, a slice of sweet potato, a slice of cassava, a slice of taro, a slice of arrowroot, a slice of cassia, a slice of nutmeg, a slice of cardamom, a slice of cloves, a slice of cinnamon, a slice of vanilla, a slice of almond, a slice of hazelnut, a slice of walnut, a slice of pecan, a slice of cashew, a slice of pistachio, a slice of macadamia, a slice of coconut, a slice of avocado, a slice of olive, a slice of lemon, a slice of lime, a slice of orange, a slice of apple, a slice of pear, a slice of banana, a slice of kiwi, a slice of pineapple, a slice of mango, a slice of papaya, a slice of guava, a slice of passion fruit, a slice of dragon fruit, a slice of jackfruit, a slice of breadfruit, a slice of yam, a slice of sweet potato, a slice of cassava, a slice of taro, a slice of arrowroot, a slice of cassia, a slice of nutmeg, a slice of cardamom, a slice of cloves, a slice of cinnamon, a slice of vanilla, a slice of almond, a slice of hazelnut, a slice of walnut, a slice of pecan, a slice of cashew, a slice of pistachio, a slice of macadamia, a slice of coconut, a slice of avocado, a slice of olive.

# 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:

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:

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.

8. Serve the hearty beef stew over a generous portion of mashed potatoes. Garnish with more chives and ENJOY!