

Slow cooked beef ragout

Serves 4

Preparation time: 20 minutes

Cooking time: 6-8 hours

600g chuck steak, fully trimmed, cut into 2cm cubes
1 tbs olive oil
1 onion, chopped
2 large celery sticks, chopped
1 carrot, peeled, diced
12 (about 150g) button mushrooms, sliced
3 garlic cloves, thinly sliced
1 tbsp plain flour
2 tbsp no added salt tomato paste
2 tbsp balsamic vinegar
1 tbsp brown sugar
375ml (1 ½ cups) salt reduced beef stock
1 bunch English spinach, trimmed, chopped
4 cups cooked whole grain pasta, to serve



Place beef in a bowl with 2 teaspoons of the oil and toss to coat. Heat a large non-stick frying pan over a high heat. Add the beef, in batches, and cook for 2 minutes or until browned. Transfer to a slow cooker.

Return pan to a medium heat, add the remaining oil, onion, celery, carrot, mushrooms and garlic. Cook stirring for 5 minutes or until softened. Add flour and cook stirring for 1 minute. Stir in tomato paste, cook for 1 minute, then add balsamic vinegar, sugar and stock. Stir to combine and bring to the boil.

Transfer to slow cooker, gently stir to combine. Cover and cook on low for 6-8 hours or until beef is extremely tender and falling apart.

Flake meat with fork and stir through spinach until just wilted.

Serve ragu on wholegrain or white pasta.