

Skinny Beef Bourguignon



Serves 6

Prep 15 mins

Cooking 3 hours

Easy

Ingredients

3 tbsp plain flour

500g extra-lean diced braising steak

olive oil

18 peeled baby onions or shallots

4 carrots, peeled and diced

250g chestnut mushrooms, halved

500ml red wine

400ml beef stock

2 sprigs thyme

2 bay leaves

2 tbsp chopped parsley

new or mashed potatoes to serve

1. Heat the oven to 160C/ Fan 140C/Gas 3. Sprinkle the flour over the beef and toss well. Heat 1 tbsp oil in a large casserole dish and fry the beef in batches until browned. Drain on kitchen paper. Add the onions, carrots and mushrooms to the oil, and fry for 10 minutes until the onions are turning golden and the carrots have softened. Add a splash of wine and stir to loosen the crisp bits at the bottom of the pan, before adding the drained beef pieces, the stock, herbs and the rest of the wine.
2. Put on a tight-fitting lid with a layer of foil underneath the lid. Cook for 2 hours until the beef is tender and add seasoning if needed. Remove the meat and vegetables with a slotted spoon and simmer the sauce on the hob to reduce and thicken it. Return the meat and veg to the pan and gently reheat. Scatter over the parsley and serve with new or mashed potatoes.