

BEEF AND POTATO GOULASH, CINNAMON AND MINT

03

RECIPES EN-ROUTE



INGREDIENTS



1 PERSON

11300g of beef cubes
2 cloves of garlic
1 carrot
1/2 onion
1/4 leek
1 tomato
Parsley, cumin
1 tablespoon smoked paprika
1 bay leaf
1/2 red pepper
1 cinnamon stick
10 mint leaves
2 potatoes
Meat flour
500 ml of red wine
Olive oil
Water

STEPS TO FOLLOW

- 1 Prepare the meat:**
Season the meat with salt, pepper and flour. Sear the meat in a pan with a dash of olive oil. Once seared, take it out and set it aside. In the same pot, add the vegetables (except the tomato), peeled and cut into small pieces, and the bay leaf. Cook for around 10 minutes. Now add the paprika de la vera, stir-fry and add the peeled and chopped tomato. Add the cumin, chopped parsley and sauté. Add the cinnamon, the seared meat and the red wine.
- 2 Cook until the meat is tender:**
Allow to evaporate, add water until it is covered and cook until the meat is tender (approx. 30-40 mins).
- 3 Add the 3 potatoes::**
When the meat has about 20 mins left to cook, add the peeled and chopped potatoes and let them cook. When the meat and potatoes are tender, add a dash of salt and pepper, add the chopped mint and voila!

If you want to make this recipe for more people, just multiply the quantities by the number of guests.

#TakeCareOf
YOUR
DIET
EN-ROUTE

See more recipes and tips at
www.andamur.com/en/takecareofyourdietenroute