



Moroccan Minted Beef

SERVES 4

INGREDIENTS

2 tablespoons extra virgin olive oil
4 x 120g beef strips (females)
4 x 220g beef strips (males)
1 medium onion, sliced
1 teaspoon cumin
½ teaspoon nutmeg
½ teaspoon ground ginger
1 tablespoon grated lemon rind
400g can crushed tomatoes
2 tablespoons mint leaves

METHOD

1. Heat the oil in a frying pan over high heat and cook the beef strips until browned, remove from the pan
2. To the pan add the onion and cook for 2-3 minutes. Add the spices and lemon rind and cook for 1 minute.
Add tomatoes and simmer until slightly thickened, stirring occasionally.
3. Return the beef to the pan and cook until heated through.
4. Serve sprinkled with fresh mint.

Serving suggestion: Serve with a side of steamed vegetables.

