

Hungarian Beef Goulash



Ingredients

- 1lb Ground beef
- 1 Onion chopped
- 1 Red pepper, chopped
- Mushrooms 50g sliced or diced
- 1tsp Plain flour
- 1tsp Vegetable oil
- 1 tsp Paprika
- 350ml Water
- 1Tbsp Tomato puree
- 5g Fresh parsley



This recipe will serve 6.

Method

1. Chop the onion, pepper, mushrooms and parsley.
2. Pre-heat the oven to 180 degrees, Gas mark 4.
3. Heat the oil in a pan, adding the beef, cooking until browned all over.
4. Add the onions and pepper, cooking for 3 – 4minutes. Then add the mushrooms, cooking for a further 4minutes.
5. Sprinkle over the paprika and cook through to add flavour, then add the water and the tomato puree.
6. Transfer to an oven proof dish, cover and cook for 2hours.
7. Check the meat is tender. Stir in the chopped parsley before serving.

Serve with creamy mashed potato & seasonal vegetables.



This recipe is adjusted and alternatives used to cater

For children with allergies in on the day.