

BEEF OLIVES WITH ONION GRAVY

This is a dish to make in advance, the flavours develop overnight and they also freeze well. Although the cooking time is long, the olives are quite quick to make up. Serves 2.



4 slices minute steak (400g)
3 good pork sausages (185g)
1 gherkin (25g)
1 tsp wholegrain mustard
25g sundried tomatoes
2 onions
1 beef stock cube
1 tsp cornflour

Hints, Tips and Variations

- ◆ *Wheat & gluten & dairy free.*
- ◆ *You could use any sausage for this, but please don't use cheap ones.*
- ◆ *You could use the sausage meat with out adding extra flavours, but adding the extra ingredients gives extra flavour & makes the sausage taste less 'sausagey'!*
- ◆ *Experiment with different flavours for the sausage meat - herbs, spices etc.*
- ◆ *Add some red wine to the pan when making the sauce.*

Lay the beef out on a board, cover with cling film and even out the thickness of the meat by batting out with a rolling pin or other heavy object.

Chop the gherkin & sundried tomatoes into small pieces.

Remove the sausages from their skins and mix the sausage meat with the gherkin, sundried tomatoes and mustard. Divide into 4, form into sausage shapes and lay at one end of each piece of meat.

Start to roll up the steak over the sausage meat, then fold in the sides and complete the roll. Secure with a cocktail stick.

Heat the oil in a heavy based pan, add the onion and fry gently to soften and colour the onion.

Move the onion to the side of the pan, increase the heat and add the beef olives to the pan. Fry for about 1 minute each side to brown, then add the stock. Bubble, then reduce to a simmer. Put a lid on the pan and cook slowly for 1 ½ hours. You could do this in the oven at 150C/300F/Gas2, in a slow cooker or on the hob.

Once the olives are cooked, remove from the gravy, boil the sauce down until there is enough for 2 portions, then thicken with a little cornflour. Check the seasoning before serving.

Per serving 684Kcal, 68.8g Protein, 37.2g Fat (12.5g saturated), 16.5g Carbs, 8.6g Sugar, 1063mg salt