# BEEF GOULASH

Serves 2

My beef goulash is a twist on the traditional Hungarian dish

1 1/2 tbsp oil
1/2 beef stock cube
1 brown onion
1 cauliflower
1 red pepper
1 tbsp hot paprika
1 tsp caraway seeds
2 garlic cloves
2 tomatoes
2 x 170g diced beef
40g spinach
Large handful of flat-leaf parsley

Method

1. Boil a kettle. Dissolve the half beef stock cube in 200ml boiling water.

2. Crush or finely chop the garlic. Finely dice the onion and chop the red pepper into bite-sized pieces. Roughly chop the tomatoes and the parsley.

3. Trim the cauliflower and remove the leaves. Cut the cauliflower into small chunks. Place in a saucepan and cover with boiling water. Simmer for 15-20 mins until soft, then drain and mash with a potato masher. Stir in half of the parsley and season.

4. Meanwhile, in a large pan heat 1 tbsp oil on a medium-high heat and cook the beef for 5 mins to brown. Remove from the pan and keep warm.

5. In the same pan, heat 1/2 tbsp oil on a medium heat and add the caraway seeds, garlic and onion. Cook for 5 mins until the onion has softened.

6. Then add the hot paprika, red pepper, tomatoes and beef stock and simmer for 5 mins. Place the beef back into the vegetable pan and add the spinach and remaining parsley, and simmer for a further 5-10 mins until the beef is cooked.

7. Place the cauliflower mash into two warm bowls and spoon over the beef goulash.

Top Tip: you could saute the cauliflower leaves for a 4-5 mins to make a tasty side to this dish!

Recipe for two people, halve the ingredients for one person