

Recipe of the Month Beef Goulash with Herb Dumplings

Serves 6 - Prep-40 minutes - Cooking 1½ -1¾ hours

- 1 tablespoon Olive Oil
- 1kg Beef Chuck Steak, trimmed, diced
- 1 onion chopped
- 2 cloves of garlic, crushed
- 1 tablespoon smoked Paprika
- 1 tablespoon plain flour
- 1 ½ cups salt-reduced Beef stock
- 2 stalks of celery, chopped
- 2 carrots chopped
- 1 Swede chopped
- 1 400g can diced Italian tomatoes

Dumplings

- 1 ½ cups Self Raising Flour
- 60g reduced fat table spread
- ½ cup parsley, finely chopped
- ½ cup skim milk



1. Preheat oven 200C, Heat oil in a heavy-based, 12 cup casserole dish over medium- high heat. Add a third of the beef and cook stirring, for 5 minutes, or until browned. Remove to a plate, repeat with the remaining beef.
2. Add onion to casserole dish and cook, stirring, for 4 minutes, or until golden. Add garlic and cook for 1 minute. Add Paprika and flour, stir until well combined. Slowly add the stock stirring until well combined. Add vegetables and bring mixture to the boil. Add beef and stir well, cover casserole and bake for 1-1 hours, until meat is tender.
3. Meanwhile, make dumplings: place flour into a bowl, Add spread and rub into flour using your fingers. Mixture should resemble fine breadcrumbs. Add milk and parsley and stir with a flat bladed knife until a dough forms. Roll 2 teaspoons full of dough into small balls (mixture makes about 24 dumplings) Remove casserole from oven, drop dumplings on top of casserole, cover and bake for 10 minutes. Remove lid and bake for further 20-30 minutes.