



Pulled beef and Pink Lady® sandwiches

Serves 5

Ingredients:

Pulled Beef:

- ♥ Salt and milled pepper
- ♥ 1kg-1.5kg topside beef roast
- ♥ 2 onions, sliced
- ♥ ½ garlic bulb, peeled
- ♥ 3 bay leaves
- ♥ 6 cups (1.5L) beef stock
- ♥ 2 Tbsp (30ml) butter
- ♥ ½ cup (125ml) mild chutney
- ♥ Handful fresh coriander, chopped

Slaw:

- ♥ ½ head baby red cabbage, shredded
- ♥ 3 spring onions, sliced
- ♥ 1 cup (250ml) sour cream
- ♥ 1 Tbsp (15ml) Dijon mustard
- ♥ Handful fresh coriander, chopped
- ♥ Salt and milled pepper

For serving:

- ♥ 10 slices ciabatta, toasted
- ♥ Handful baby spinach
- ♥ 4-5 radishes, sliced
- ♥ 4-5 Pink Lady® apples, sliced

Method:

1. Season beef generously and place in a medium-sized pot.
2. Add onions, garlic, bay leaves and stock and bring to the boil.
3. Simmer with the lid on for 2½ to 3 hours.
4. Keep an eye on the meat and top up with additional stock or water if needed.
5. Remove meat from liquid and cool completely before shredding. Reserve 1 cup (250ml) of the cooking liquid.
6. Heat butter in a pan and add shredded meat.
7. Add chutney, reserved cooking liquid and coriander and stir through, coating meat.
8. Reduce until sticky, then set aside.
9. Combine slaw ingredients and set aside.
10. Assemble sandwiches by layering each toasted ciabatta slice with spinach, radish slices, pulled beef, apple slices and slaw. Top with another toasted ciabatta slice.
11. Repeat process with remaining ingredients.

Pretty good tip: Thinly slice spring onions lengthways and place them in a bowl of water and ice. This will cause them to curl and makes for a beautiful garnish.

Cook's note: Swap sour cream for low-fat plain yoghurt if you prefer.

Pretty healthy: Swap toasted ciabatta for toasted gluten-free bread.



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