

Beef Olives (serves 2)

Beef olives have been around in Britain since the 16th century and there are many variations. In general the term refers to the beef being wrapped up around the stuffing, then browning it and finishing it in a sauce. The recipe here uses a simple oatmeal stuffing with a vegetable-based sauce. Wrapping and tying the ‘olives’ can be fiddly and may take a bit of practice but these tasty parcels are worth the effort.

Ingredients

180g (2) thin beef steaks
70g oatmeal
¼ of small onion
25g butter
Pinch of salt
Pinch of ground black pepper

Sauce

1 carrot
1 onion
¼ of a large leek
200g potatoes
600g of water
1 beef stock cube
1 teaspoon of olive oil
Pinch of ground black pepper

Method

1. Gently melt the butter in a pan, finely chop the onion and soften in the pan with the butter.
2. Stir in the oatmeal and cook for 10 minutes, then leave to cool slightly.
3. Pour the stuffing mixture onto a large piece of clingfilm and roll into a cylinder shape using the clingfilm, twisting the film at both ends to secure the mixture. Put into the fridge to chill.
4. Take the beef steaks and cover with a sheet of clingfilm, then using a rolling pin (or other heavy object) repeatedly hit the steak to create a thinner, wider piece of meat.
5. Take the oatmeal mixture from the fridge and unwrap from the clingfilm. Split the mixture in two and wrap each piece with one of the steaks, cutting it to size where necessary. Secure the meat ‘parcels’ with string.
6. Chop the carrots, onions, leek and potatoes.
7. Put the olive oil in a large pan and brown the meat ‘parcels’.
8. Add the chopped vegetables, stock and pepper, and bring to the boil.
9. Simmer for 1 hour.

Nutrition information

Per 100g	Energy 440kJ 105kcal	Fat 4.4g	Saturates 1.9g	CHO 9.7g	Sugars 0.9g	Protein 5.8g	Fibre 1.9g	Salt 0.31g
Per Serving 565g	Energy 2135kJ 510kcal	Fat 21.2g	Saturates 9.1g	CHO 46.9g	Sugars 9.1g	Protein 28.2g	Fibre 9.2g	Salt 1.49g

Oat/Barley content

35g
of oats per
portion

