

Shredded Beef (Great for Enchiladas, Tostadas or Tacos) Serves 10.

Preparation time 20mins

Cooking time Approximately 1hr.

This is a very versatile recipe which can be used in an array of dishes, our favourite is Enchiladas. We originally did this recipe with part Kangaroo meat as well as beef, Kangaroo is a great sustainable product, super lean and very high protein. As the recipe is made in a pressure cooker, the Kangaroo becomes very tender and shreds apart easily. You can use any protein source you desire, just watch that the nutritional info will change, especially if using pork or lamb. I have made this recipe in a slow cooker too, especially when I'm time poor, however, the consistency is runny and I don't find the flavours fully develop. If you don't have a pressure cooker, a heavy duty cast iron pot should suffice, note that cooking time will increase to around 2hrs.

Once cooked this recipe freezes very well, I divide it up into containers or glad bags and freeze in servings for 2, ready for an easy weeknight meal!

Ingredients.

- 800g Beef blade steak or similar.
- 300g Kangaroo (can just add an extra 300g of beef if you'd prefer).
- 1Tbsp olive oil.
- 2 Large brown onions, sliced.
- 4 Cloves of garlic, crushed or finely diced.
- 700ml Passata
- 2 Tbsp finely diced pickled jalapeño.
- 2 tsp cumin.
- 1 1/2 tsp smoked paprika.
- 1 Tbsp sweet paprika.
- 1 tsp allspice
- 3 Bay leaves.
- 500 ml water.
- salt and pepper for seasoning.

Directions.

1. Prepare meat by slicing into palm sized pieces, season on both sides and set aside.
2. Heat your pressure cooker on high, add the olive oil, working in batches, sear the beef for 2-3 mins on each side removing on to a plate when done.
3. Reduce heat to medium-low, cook onion for 5-10 mins until translucent.
4. Add garlic and spices, sauté for a further 2 mins.
5. Place your meat back into the pressure cooker, layering the pieces on top of each other.
6. Pour your Passata over the Beef, fill up the passata jar 3/4 with water, rinse and tip into the pot. Add Bay leaves and diced jalapeño, stir to combine. Make sure the meat is fully covered with liquid.
7. Cover and cook for around an hour, checking after 35 mins to make sure your liquid doesn't disappear and burn your meat. You'll know it's done when the meat starts to separate easily. continue to reduce until it's thick.
8. Grab a large fork and shred up the meat, removing the bay leaves.
9. Serve up in your favourite Mexican style.

Nutritional information

Per serve

Calories 181
Fat 4.7 g
Carbs 5.9 g
Protein 28.5 g