

BRAISED SKIRT STEAK

Time: 3 hours

Serves: 4

Ingredients:

30ml grapeseed or other neutral-flavoured oil
600g skirt or flank steak
8 cloves garlic - chopped
3 assorted bell peppers - seeded and chopped
2 onions - chopped
2 tomatoes - seeded and chopped
8g kosher salt
6g ground cumin
5g paprika
3g dried oregano
1.5g chili flakes
Lime wedges to serve

Preparation:

Preheat your oven to 325F.

Place a large Dutch oven on high heat. When it's hot, add the oil and sear the skirt steak until just browned on all sides. Work in batches if required.

Stir in the remaining ingredients.

Cover and place in the oven for two and a half hours.

Pull apart steak with a fork and serve with lime wedges.

Nutritional Information Per Serving:

Calories: 499
Fat: 26g
Carbs: 22g
Fibre: 6g
Protein: 45g