

STEW BEEF WITH ORANGE GREMOLATA

4 persons / 552 kcal per portion

Ingredients:

- 1 orange
- 2 tablespoons of olive oil
- 700 grams beef
- 1 onion
- 2 celery sticks
- 500 grams of carrots
- 2 packs tomato cubes (with basil and oregano) (à 390 grams)
- 10 grams of flat parsley
- 2 cloves of garlic
- 4 scoops / slices of casino white



Preparation:

Scrub 1 orange, grate half of the orange peel and squeeze the fruit. Cut the onion coarsely and the celery into pieces. Cut the carrots into strips. Divide the beef into 4 pieces. Heat the oil in a frying pan. Sprinkle the beef with salt and pepper. Fry the meat on high heat all around brown. Add the onion, celery and carrots and fry for 2-3 minutes. Add the orange juice and the tomato. Bring to a boil and cook the meat over low heat for 2-2½ hours with the lid on the pan soft and cooked. Finely chop garlic and parsley and mix in a bowl with the orange zest (this mixture is called gremolata). Season the meat with salt and pepper. Serve with the gremolata and with bread to dip in the sauce.

Nutritional value per portion:

Energy:	552 kcal
Protein:	41.8 grams
Carbohydrates:	33.8 grams
- including sugars:	16.6 grams
Fat:	23.2 grams
Fiber:	6.4 grams
Salt:	0.9 grams