Beef Short Rib with Creamy Mushroom Mealie Rice

Cooking time	45 mins
Preparation time	20 mins
Serves	8

Fall-off-the-bone tender beef served on a decadent Creamy Mushroom Mealie Rice. A hearty winter warmer that will become a firm family favourite.

Ingredients

- 1 kg beef short ribs (Royco® Dry Beef Marinade)
- 6-8 chicken wings (Royco® Chicken Marinade)
- 6-8 lamb chops (Royco® Smokey BBQ Marinade)
- vegetable skewers (Royco® Chicken marinade)
- - BUTTERNUT & POTATO BAKE INGREDIENTS:
- half a butternut, peeled and thinly sliced
- 3 large potatoes peeled and thinly sliced
- 1 pkt Royco® Cheddar Cheese & Onion Potato Bake
- 1½ cups cream
- salt and pepper
- 1 clove garlic, crushed
- 3 tbsp melted butter
- spring fresh thyme
- - CREAMY MUSHROOM MEALIE RICE INGREDIENTS:
- 1 cup mealie rice rinsed
- 3 cups water
- 3 tbsp oil
- half onion finely chopped
- half pkt button mushrooms chopped
- 3 tbsp Royco® Cream of Mushroom Soup
- 1 tbsp butter
- salt and pepper
- - FENNEL AND APPLE SLAW INGREDIENTS:
- half red cabbage, shredded
- 1 medium fennel, shredded

- 2 apples cut into julienne strips
- 2 carrots peeled and julienned
- - DRESSING:
- 60ml olive oil
- 2 tbsp apple cider vinegar
- 2 tsp lemon juice
- 2 tsp honey
- 1 tsp salt
- black pepper

Vegetarian

Thick slices of aubergine, giant brown mushrooms and cauliflower 'steaks' are all great veggies for the grill. Try them in our marinades to add flavour.

Family Friendly

While Royco® marinade infuses your favourite cuts of meat with flavour, you can spend time outdoors with the kids. Why not teach them some of your favourite childhood games.

Method

1. NB* for the Beef Short Rib
2. Cook them in boiling water for 30 minutes
3. Remove and drain water
4. Marinate beef short rib with Royco® Dry Beef Marinade overnight or for 30 minutes
5. Braai beef short ribs over coals for 10 minutes and keep basting with marinade
6. Marinade the vegetable skewers, meat and chicken separately according to the packet instructions
7. Leave to marinade overnight or for 30 minutes to an hour
8. Heat a grill until hot
9. Place chicken on a grill and grill for 15 minutes, keep basting with marinade
10. Grill the lamb chops for 6 minutes and the boerewors for 6 minutes

BUTTERNUT & POTATO BAKE METHOD

1. Preheat oven to 180 degrees
2. Arrange butternut and potatoes vertically in the baking dish
3. Mix together Royco® Cheddar Cheese & Onion Bake, cream, garlic, thyme, salt and pepper - pour mixture over butternut and potatoes
4. Drizzle with melted butter
5. Cover with foil and bake for 40 minutes
6. Remove foil and bake for a further 20 minutes or until crispy and golden

CREAMY MUSHROOM MEALIE RICE METHOD

1. In a pot pour water and mealie rice, cover and bring to a boil
2. Turn heat on medium and cook for 30 minutes
3. In a saucepan, heat oil and fry onion until soft, add mushrooms and fry for 5 minutes
4. Add the Royco® Cream of Mushroom Soup and stir to combine

5. Add the mixture into the cooked mealie rice, stir to combine and cook for a further 10 minutes
6. Add butter and season with salt and pepper

FENNEL AND APPLE SLAW METHOD

1. In a salad bowl mix together cabbage, fennel, apples and carrots
2. In a jug mix together all the dressing ingredients
3. Pour the dressing over the salad just before serving

Recipe Tags

Marinades, Packet Soups, Beef, Chicken, Lamb, Meat and Veg, Side

Related Recipes



Lamb & Tomato Potjie

Cooking time

120 mins

Preparation time

15 mins



Beef Short Rib with Sweet Potato Bake

Cooking time

50 mins

Preparation time

20 mins

Curried Potatoes

Cooking time

30 mins

Preparation time

10 mins



Chicken a La King

Cooking time

30 mins

Preparation time

15 mins

Peachy Chicken Casserole

Cooking time

90 mins

Preparation time

15 mins

Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Chicken Pot Pies

Cooking time

40 mins

Preparation time

15 mins

Hake and Broccoli Bake

Cooking time

40 mins

Preparation time

10 mins

Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

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