



Beef Short Rib with Sweet Potato Bake
RECIPE

Beef Short Rib with Sweet Potato Bake



Cooking time

50 mins

Preparation time

20 mins

Serves

8

The perfect recipe for a cold winter's evening. While these short ribs slow cook in the oven, dust off the board games and spend some quality time with the family.

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Ingredients

- 2 kg beef short rib
- salt and pepper
- 3 tbsp oil
- 1 onion finely chopped
- 3 garlic cloves crushed
- 2 celery sticks chopped
- 2 carrots peeled and chopped
- 2 cups of water
- 1 pkt Royco® Beef with Rosemary Wet Cook-in-Sauce
- - POTATO BAKE INGREDIENTS:
- 4 large sweet potatoes peeled and sliced
- 1 cup cream
- salt and pepper
- 1 clove garlic crushed
- 1 pkt Royco® Parmesan & Garlic Potato Bake
- grated parmesan cheese

Products used



Beef Casserole with Rosemary Wet Cook-In Sauce

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Parmesan & Garlic Bakes

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Vegetarian

Replace the beef in this recipe with marrows, patty pans and red peppers and bake until cooked through. Serve alongside the vegetarian sweet potato bake.

Family Friendly

This hearty stew can be deboned and shredded for even the younger members of the family to enjoy.

Method

1. 1.
Heat oil in an ovenproof pot season beef with salt and pepper, brown the beef in batches
2. 2.
Remove and set aside
3. 3.
Add onion and fry until soft, add garlic, celery, carrots and fry for 3 minutes

4. 4.

Add water, Royco® Beef with Rosemary Wet Cook-in-Sauce and stir to combine

5. 5.

Return beef to the pot, cover and cook in the oven for 2 hours at 180 degrees

POTATO BAKE METHOD

1. 1.

Grease an ovenproof dish and arrange the sweet potato slices

2. 2.

In a jug mix together, cream, salt and pepper, garlic, Royco® Potato Bake, parmesan cheese and pour over the potatoes

3. 3.

Cover with foil and bake in the oven for 35 minutes

4. 4.

Remove the foil and bake for a further 10 minutes

Recipe Tags

[Wet Cook In Sauce](#), [Beef](#), [Meat and Veg](#)

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Cooking time

30 mins

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15 mins

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Cooking time

40 mins

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15 mins

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Curried Potatoes

Cooking time

30 mins

Preparation time

10 mins

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Beef Olives With Roasted Garlic And Caper Mash

Cooking time

120 mins

Preparation time

50 mins

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Creamy Spinach Stuffed Salmon

Cooking time

50 mins

Preparation time

20 mins

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Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins

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Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

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Chicken Pot Pies

Cooking time

40 mins

Preparation time

15 mins

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Hake and Broccoli Bake

Cooking time

40 mins

Preparation time

10 mins

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Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

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