

Gary's Spicy Beef & Rice

Ingredients

Serves 8-10

Drizzle of rapeseed or vegetable oil
400g minced beef
2 cloves garlic, crushed
2 shallots, finely chopped
salt & white pepper to taste
½ green pepper, diced
½ red pepper, diced
½ yellow pepper, diced
1 courgette, diced
1tsp red pepper flakes
2tsp paprika
2tbspn smoked tomato sauce
400g chopped tomatoes
200g uncle bens long grain rice
handful chopped fresh coriander

Method

Heat a heavy based non-stick pot or frying pan
Add in the oil followed by the beef and cook on a high heat until browned.
Immediately add in the garlic and shallots and sweat for 3 minutes.
Now add in the onions, peppers, courgette and some seasoning.
Now add in the spices followed by the rice and mix well.
Add in the tomato, water and cover.
Bring to the boil and simmer for 18 minutes or until the rice is cooked.
Add in some tomato puree and coriander.
Mix well, season to taste & serve.