



DICED BEEF

Swan Bay Butchers

Spanish Beef & Pearl Barley Paella

Prep Time: 20 minutes

Cooking Time: 55 minutes

Serves: 4

INGREDIENTS:

- 600g Diced Beef,
- 1 tablespoon olive oil
- 1 tablespoon smoked paprika
- 4 silverbeet stems, finely diced
- 1 red capsicum, finely diced
- 1 green capsicum, finely diced
- 1/2 cup pearl barley 1 head garlic, sliced in half horizontally
- 6 sprigs thyme
- 1 pinch saffron, soaked in 1 tablespoon hot water
- 500ml salt reduced beef stock
- 1 bunch silverbeet leaves, shredded



METHOD:

1. Drizzle oil over beef in a bowl and toss to coat. Place a 30cm paella pan, frying pan or cast-iron casserole dish over high heat and brown beef. Add paprika and stir to coat the beef.
2. Add diced silverbeet stems and capsicum, pearl barley, garlic, thyme, saffron and stock and bring to the boil, reduce heat to low, cover and simmer for 45 minutes or until beef and pearl barley are tender. If liquid reduces too much add a little water to keep the beef moist.
3. Add shredded silverbeet leaves in the last 2 minutes of cooking, or steam separately and serve paella on top of silverbeet.