

Dr Joanna McMillan

Appliance: Philips Premium All-in-One Cooker

Recipe: Fast Beef Ragu

Serves 4-6

Ingredients

2 tbsp extra virgin olive oil
600g lean beef, diced
1 red onion, diced
2 celery stalks, finely chopped
1 carrot, halved lengthways and sliced
1 red capsicum, cored and diced
2 zucchini, halved lengthways and sliced
3 garlic cloves, peeled and finely chopped
1 tbsp wholegrain flour
1 jar passata
1 cup red wine (alternatively use stock)
2 dried bay leaves
2 tsp dried thyme
2 tsp dried oregano
Handful fresh basil
50g baby spinach

Method

Touch the SAUTÉ/SEAR menu to select SAUTÉ /SEAR HIGH TEMP program, set cooking time for 15 minutes and touch START leaving the lid off.

Add ½ tbsp. of oil to the pot and once hot add half of the beef. Once browned all over, remove from the pot with a slotted spoon and repeat with the remaining beef.

Heat the remaining tablespoon of oil and add the onion, celery, carrot, capsicum, zucchini and garlic to the pot. Sauté stirring occasionally for 5 minutes or until softened and the onion is translucent.

Return the beef to the pot and sprinkle with the flour. Stir to coat and then add the passata, red wine and dried herbs. Stir to combine. Seal the lid, touch PRSSURE COOK menu to select MEAT/POULTRY program, set cooking time for 30 minutes and touch START.

At the end of the cooking time do not open the vent manually on the lid as liquid may spirt under the pressure. Wait until the floating valve has fallen indicating the pressure has dropped. You may then release the valve and open the lid.

Stir through the fresh basil and spinach, season to taste. Serve with wholegrain pasta, grated parmesan and a lovely green salad.