



## Carne Asada (Pot Roast- Beef)

### Ingredients

- Piece of Silverside Eye beef (1.8kg for approx. 10 people)
- 3 x chopped onions
- 3 x blanched tomatoes
- Bay leaves
- Paprika
- 4 x cloves garlic
- Salt
- Oil
- Parsley
- Green beans
- Baby potatoes
- Lemons
- Olive oil
- Spaghetti

### Method

- Chop onions, tomatoes and garlic cloves and place all together in a pressure cooker/pot
- Add 3-5 bay leaves into the pot

### MEAT:

- Remove sinue from meat and cut in half to fit into pot if necessary
- Place into pot with 3tsp of salt to taste
- Add 2 tablespoons of Paprika (sprinkles)
- Add  $\frac{3}{4}$ -  $\frac{1}{2}$  oil into the pot
- Add water/ wine (approx. 1 cup)
- Swirl pot
- Pressure cook on high
- Chop parsley finely
- When cooked, remove meat from pot, carve the meat and place back into the pot.
- Thicken sauce



BEANS & BABY POTATOES:

- Boil green beans and baby potatoes with some salt in the water
- Once cooked squeeze lemon juice and olive oil over the potatoes and beans

Serve with Spaghetti!