

Mongolian Beef and Beans with Oat Crusted Roast Potato's



Ingredients

600g stewing Steak

1 tbs Vegetable oil

Cornflour

Salt and pepper to taste

1 tbs chopped garlic

2 tsp chopped ginger

1 tsp chilli

1 cup Water

1 cup soya sauce

1/2 cup maple syrup

1 cup grated carrots

100g green beans

800g floury potatoes, such as King Edward, chopped into chunks

100g oatmeal

5 tbsp cooking fat

sesame seeds for garnish

Coat the beef in seasoned flour

Mix together oil, garlic, ginger, water, soy sauce, chilli and maple syrup in slow cooker or casserole dish

Add coated beef and carrots and stir until everything is coated with the sauce

Slow cook for 3 hours add beans for last 20 minutes of cooking

Whilst beef is cooking Preheat the oven to 200°C/fan180°C/ gas 6. Place the potatoes in a pan of cold salted water, cover and bring to the boil, then simmer for 5 minutes. Drain, return to a low heat and shake the pan vigorously to rough up the edges of the potatoes.



Meanwhile, whizz the oatmeal in a food processor until it forms a coarse flour. Season well and toss with the hot potatoes to lightly coat.

Heat the cooking oil in a large roasting tin in the oven for 5 minutes until very hot, then carefully tumble in the potatoes. Toss well to coat in the fat, then roast, turning occasionally, until golden and crisp. Season the tatties with sea salt, and serve.

Sprinkle with sesame seeds to serve