



Recipe created by Roberta Asher  
(chef & dietitian)

Serves: 10 (¾ cup per serve)  
Time to prepare: 30 mins  
Time to cook: 1 hour 30 min – 2 hours  
Hands on time: 30 mins  
Freeze: Yes

### Ingredients

500g **chuck steak** with fat trimmed off  
2 tablespoon **plain flour**  
**Pepper**  
1 **brown onion**  
1 **carrot**  
1 **parsnip**  
1 **nashi pear**  
2 cm piece **ginger**  
3 cloves **garlic**  
½ cup **pearl barley**  
1 tablespoon **extra virgin olive oil**  
2 tablespoons **curry powder** – look for one without added salt, or with salt lowest in the ingredients list  
1 litre **water**  
1 tablespoon **reduced-salt soy sauce**

### NUTRITION INFORMATION

Per ¾ cup serve

Energy	690 kJ / 165 cal
Protein	13.3 g
Carbohydrate	12.1 g
Dietary Fibre	3.9 g



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## Method

### PREPARE

1. Cut the **chuck steak** into 2cm pieces (a bit bigger than a dice). Place in a bowl, add **flour** and **pepper** and toss so that the steak is evenly coated in the flour and pepper.
2. Remove the skin and cut the ends from the **onion** and discard. Chop the remaining onion finely. Put on a plate.
3. Wash the **carrots, parsnips, pear and ginger** well under cold running water. Place the vegetables in a colander and leave over the sink to drain.
4. Cut off and discard the ends of the **carrots**, cut each of the remaining carrots lengthways and then cut into pieces no bigger than a dice. Put on the plate with the onions.
5. Cut off and discard the ends of the **parsnips**, cut the remaining parsnips lengthways and then cut into pieces no bigger than a dice. Add these to the plate too.
6. Cut the **pear** into quarters lengthways. Place cut side down on the chopping board. Cut the core out by cutting down on the diagonal from the top to the bottom of the pear. Cut the pear into pieces no bigger than a dice. Add these to the plate too.
7. Peel the skin off the **ginger** with a vegetable peeler or knife. Finely mince the ginger on a handheld grater or a box grater. You should end up with about 2 teaspoons of ginger. Add these to the plate too.
8. Remove and discard the skin of the **garlic**. Then crush using a garlic crusher or finely mince on a handheld grater. Place on the plate with the other vegetables.
9. Put the **pearl barley** in a colander or strainer and rinse under cold running water.

### COOK

10. Heat the **oil** in a large frying pan over a medium- high heat.
11. Add some of the **chuck steak** to the pan or casseroles and cook until brown on all sides. Put the beef into the bowl.

**Chef's tip:** Brown the chuck steak in small batches so that it browns well. Don't put too much steak in the pan at once as this will cause the pan to cool and the beef will turn grey instead of forming a nice brown crust. Browning the steak will add a rich flavour to your stew. Some brown bits will stick to the bottom of the pan, this is good, but turn the heat down if it starts to turn black.

12. Add the **onions** and cook for ~ 2 minutes. Add the **ginger** and **garlic** and continue to cook until the onions soften, add the **curry powder** and quickly stir.
13. Turn the heat down to low. Carefully add some of the **water**. Be careful as it will quickly bubble and boil in the hot pan. This is called 'de-glazing'. Use a spoon or tongs to scrape all the sticky brown bits from the bottom of the pan into the liquid. These will give the stew lots of flavour.
14. Put the **meat, onion liquid** and **all remaining ingredients** into a large pot, cover and simmer for ~1.5 hours over a low heat.
15. After 1 hour check the **steak**. Avoid over-cooking the steak as it will become too dry. Check the meat every 15 - 30 minutes and continue to cook until the beef is soft enough to break apart when you bite into it.

**Chef's tip:** Serve the stew in a bowl with a side of washed and dried iceberg lettuce leaves. Scoop the stew into the lettuce leaves and eat with fingers. The cool and crispy lettuce adds crunch and goes really well with the rich stew.

**Tip for busy people:** If you prefer to use the slow cooker, cook the stew on a low setting for ~3 hours. After 2 hours check the meat every 30 minutes until the beef is soft enough to break apart when you bite into it.



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