

Ebony & Ivory

STICKY CHUCK WITH BACON POTATOES AND BROCCOLI
TENDERSTEMS, TOPPED WITH BASIL TOASTED ALMONDS



INGREDIENTS:

Chuck marinade:

Red wine

Soy sauce

Honey

Thyme

Rosemary

Carrots

Charcoaled onion and
garlic

Fruit chutney

Mains:

250gr beef chuck

Fresh basil, chopped

3 Tbs almond slivers

Olive oil

1 pack broccoli
tenderstems

Potatoes:

Butter

Crispy Bacon

Thyme

3 tbs mustard

Salt and pepper

Simmer chuck in marinade ingredients ,on medium
to high heat in Coke and soy sauce for
approximately 45 mins till soft.

Boil potatoes and set aside

Fry bacon till crispy and set aside

Cut potatoes in half and throw back into the pan
with butter, thyme and mustard

Serve with freshly cracked salt and black pepper.

Toast almonds with olive oil, salt and pepper - add
chopped basil when done

Sprinkle over steamed broccoli tenderstems

