

# **Emma Sutherland N.D.BHlth Sc (CompMed) MATMS, MNHAA**

## **Beef, Cime de Rape and Spinach Slow Cook**

I popped into my local fruit and veggie shop yesterday and to my delight found just picked cime de rape. Cime de rape is the long leafy green that is traditionally used in the Puglia region of Southern Italy for many dishes. Cime de rape belongs to the Brassica family and its flavour is both nutty and bitter. Nutritionally it is high in vitamins A, C and K as well as calcium, potassium and iron which are perfect for convalescence, pregnancy and boosting your immunity.

### **Ingredients**

1 onion

5 cloves garlic

1 large chilli

2 tsp fennel seeds

1 tsp turmeric

650gr grass fed organic Australian beef

1 large bunch cime de rape (silver beet otherwise)

3 cups spinach

1 cup cherry tomatoes

1 lemon

Extra virgin olive oil

### **Instructions**

Slice garlic and onion thinly. Wash cime de rape and cut into 1 inch lengths. Sauté garlic, onion, turmeric, fennel and chilli in extra virgin olive oil for 1 minute.

Add beef and brown all sides. Add tomato, spinach, rape and lemon cut in half. Cook on low heat for 1 hour. This dish is wonderful as a nutritionally packed dinner and I often have lunch size portions in the freezer for when I am busy.