



# Creamy Peppered Beef



Approximately one football pitch sized piece of grassland being farmed will sequester the same amount of carbon that a UK car produces in one year.



Grazing cattle help keep carbon trapped in the soil.



Greenhouse gas emissions from beef in the UK are 52% lower than the global average.



NIFQA beef is produced to world leading farming and food safety standards. NIFQA beef is fully traceable from farm to fork.



Beef is a rich source of Vitamin B12 which is important for energy and nervous system health.



Beef is a rich source of high biological value protein, providing all essential amino acids that we need for optimal health.

## GOOD HONEST FOOD

# Creamy Peppered Beef



PREPARATION  
10 Mins



COOKING  
20 Mins



SERVES  
4

## Ingredients

500g Northern Ireland Farm Quality Assured rump steak thinly sliced

1 tablespoon light olive oil

1 red onion finely sliced

2 garlic cloves, crushed

1 red pepper finely sliced

1 yellow pepper finely sliced

250g mushrooms cleaned and sliced

1 teaspoon chilli powder

1 teaspoon ground black peppercorns

250ml beef stock

150ml whipping cream

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## Method

1. Heat the olive oil in a large nonstick frying pan over moderate-high heat and fry the onion until soft.
2. Add the sliced rump steak and quickly cook until brown. Then add the peppers and fry for 5 minutes until they begin to soften.
3. Stir in sliced mushrooms and fry until golden then add the garlic and chilli powder and peppercorns.
4. Finally, pour in beef stock and cream, reduce the temperature and simmer for about 15 minutes until the sauce has thickened and the beef is tender.
5. Serve with any of the following: steamed rice, baked potatoes, wedges, noodles or vegetables.

For more recipe ideas search [Beefandlambni.com](http://Beefandlambni.com)