

## **Tuscan Beef with Gnocchi**

### Ingredients

800gm Braising Steak

3 Tbsp. Wildings Taste of Tuscany Spice Blend

500ml Red Wine

2 Tbsp. Tomato Puree

3 Tbsp. Olive Oil

1/2 cup diced Tomato

Plain flour

500gm Fresh Gnocchi

### **Method**

Toss meat through flour and shake off any excess.

Heat oil in a deep pan and place both the steak and the Taste of Tuscany Spice Blend into the pan. Cook until browned.

Remove the steak and place into a casserole dish. Deglaze the pan with red wine and add to the casserole dish.

Add water until the meat is covered and then add the diced tomato and tomato puree. Cover and simmer gently for 2 hours or until tender. Serves Four.

### **Serving Suggestion**

Serve over gnocchi with freshly chopped Continental Parsley.

This recipe is low in fat, contains no preservatives, additives, M.S.G or gluten & is high in flavour and is very easy to prepare.