

Beef tortillas with kale slaw

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A healthy wholesome take on Mexican tortillas from celeb chef Dan Churchill.

Ingredients

- 1 kg beef chuck [steak](#), sinew removed and cubed
- ¼ cup buckwheat flour
- 2 tbsp olive or grapeseed oil
- 2 onions, finely chopped
- 2 garlic cloves, finely chopped
- 375 ml beef stock
- 4 [tomatoes](#), blitzed in a blender or 1 tin of chopped tomatoes
- 1 tbsp tomato paste (optional)
- 2 tsp chilli powder

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- 1 tbsp smoked paprika
- 1 tsp black pepper, ground
- 2 tsp [fennel](#) seeds
- 1 tbsp cumin, ground
- 1 tbsp coriander, ground
- 1 tsp salt
- 2 sprigs of rosemary
- 2 bay leaves
- ¼ cup red wine vinegar
- 12 corn tortillas or tostadas

Kale slaw

- 1 cup red cabbage, shredded
- 1 cup white cabbage, shredded
- 1 cup [kale](#), stalk removed and shredded
- ¾ cup whole egg mayonnaise
- 1 long red chilli, deseeded and finely chopped
- 1 tbsp lemon juice
- 2 tsp paprika

Method

Preheat oven to 140°C.

Dust the beef in the flour before shaking off excess and setting aside onto a plate.

Add one tablespoon of oil to a large ovenproof pot on high heat on the stove. Add the beef and allow to brown on all sides. It will stick to the bottom; just continue to scrape with a wooden spoon as this will add to the great flavour. Once brown, remove the beef and set aside before adding the rest of the oil to the pot and browning the onion and garlic.

Return the beef to the pot and add the stock, tomatoes, paste and spices. Give it a stir for two minutes before burying the rosemary and bay leaves and mixing in the red wine vinegar.

Cover and put in the oven to cook for six to eight hours, or until meat falls apart with a fork. Remove from the oven and allow to cool for 30 minutes with the lid on. Remove meat from pot with tongs, reserving the sauce. Using two forks, shred the meat until it is stringy, set aside.

For the slaw, simply combine the cabbages and kale in a bowl. Mix the mayonnaise with the chilli, lemon juice and paprika before adding to the bowl to combine with the leaves. Set aside.

Just before serving, heat a frypan on high heat and dry roast, without oil, the shredded meat for one to two minutes until crispy (make sure you don't overcrowd the pan). Remove to a plate.

To serve, spoon the beef sauce onto tortillas, stack on some slaw and finish with the crispy beef.

Recipe and images from *The Healthy Cook* by [Dan Churhill](#)

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