



**Ingredients:**

- Beef strips,
- Tomato Paste, Red Onion, Garlic, Mushrooms, Carrots, Cherry Tomatoes
- Moroccan Rub, Beef Spice and Worcester sauce.
- Salt and Pepper
- Parsley and Chilli flakes

Heat up a pot/pan and add oil. In hot oil add beef strips, Worcester sauce, Garlic, Spices, a Tspn of Tomato paste. Mix it all together and close your pot and brown. Once cooked through, add your veggies which are Red Onion, Mushroom and Carrots. Allow to cook for about five minutes, you still want to taste your carrot when eating. Remove from the heat and add cherry tomato and cover. In another pot prepare white fluffy rice.

Serve your Beef strips with rice, garnish with Chilli flakes and Parsley. Serve and enjoy.