



Oxtail in Red wine and rosemary sauce (slow-cooker recipe)

500g Oxtail
1 large onion
2 medium carrots
3 mediums potatoes
2 cups of vegetables
2 stalks fresh Rosemary
1 packet Oxtail soup
1 can tomato and onion mix
1 packet of tomato paste
250ml water
125ml red wine
2 cloves garlic - crushed



1. Season the Oxtail with salt & pepper and grill until brown
2. Remove from the heat and place in the slow cooker (or pressure cooker)
3. Cut the onion, carrots and potatoes into large chunks and place on top of the meat
4. Mix the soup packet with the water and add to the pot
5. Add the Tomato can, tomato paste, red wine, garlic and Rosemary to the pot.
(keep the rosemary whole)
6. Switch the slow cooker on High for 5 hours (or on low for 8)
7. Add the rest of the vegetables and cook for another 2 hours on high
8. Serve with basmati rice or couscous

