

# Best ever easy Braised Steak and Onion

Serves 4 people

## **EQUIPMENT**

1 Pyrex dish 10cm x 20cm  
1 fry pan  
Tongs  
Plate  
Alfoil

## **YOU WILL NEED**

1kg whole skirt Dexter steak  
1 Brown onion peeled and sliced  
1 cup flour on a plate  
2 table spoons Gravy mix  
Water approx 500ml  
Olive oil 2 table spoons

## **METHOD**

1. Cut skirt steak in to thin slices around 5mm thick or around the size of a minute steak.
2. Heat oil in pan and dust steak in flour seal until golden on both sides and lay into bottom of Pyrex dish.
3. Sprinkle gravy mix over steak.
4. Add onion to pan and toss for a few seconds add water and scrap any crunchy bits from pan, pour over steak and cover in foil.
5. Place in oven on 140c for 3 hrs, serve with creamy mash spud.