OVERALL time: 180 mins

Shredded Beef Flatbreads

Tender, juicy, and full of flavour — these shredded beef flatbreads bring together slow-cooked beef, fresh toppings, and a soft, golden base for the ultimate hearty and satisfying meal.

Metric

Number of servings : 8

ingredients

For the beef

- 1 kg Beef chuck, stewing bef, short ribs
- 30 ml **Cape Herb and Spice Texan Steakhouse Rub**
- 1 Large onion, sliced
- 2 Garlic cloves, sliced
- 1 Tin of diced tomatoes
- 250 ml Beef or chicken stock

For the flatbreads

- 500 ml Double cream plain yoghurt
- 300 g Self raising flour
- 30 ml **Cape Herb and Spice Greek Style Lemon & Herb Rub**

For the avo & onion salad

- 1 White onion, thinly sliced
- Pinch of sugar
- **Cape Herb and Spice Atlantic Sea Salt**
- 0.5 Iceberg lettuce, shredded
- 2 Avocados, diced
- 1 Juice of lime
- 30 ml Chives, sliced

To serve

- Feta Cheese
- Lime wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 150 mins

For the beef:
Drizzle beef with olive oil and season generously with Cape Herb & Spice Texan Steakhouse Rub.
Place a medium sized heavy based pot over medium-high heat.
Add the beef and brown well on all sides.
Sear in batches not to overcrowd the meat.
Remove and set aside on a tray.

Turn the heat down and add the onion and garlic.
Sauté until softened and fragrant.
Add the tinned tomato and scrape the bottom of the pot so the brown bits mix into the liquid.
Pour in the stock and return the beef to the pot.
Make sure you have enough stock to just cover the meat.
Place the lid on the pot, bring to boil.
Reduce heat to a gentle simmer and cook for about 2 hours until beef is tender enough to shred.
When the beef is tender, remove the lid from the pot and allow the sauce to reduce and thicken.
Remove the beef from sauce, shred with 2 forks and remove any bones.
Return beef back to the thickened sauce.
Taste to adjust seasoning.

For the flatbread:
Combine yoghurt, self-raising flour and Cape Herb & Spice Greek Style Lemon & Herb Rub in a bowl and mix well until a dough forms.
Divide the dough into 8 even balls.
On a lightly floured surface, gently press and stretch the dough into flatbreads. Place a little olive oil in a baking tray and pop down the flatbreads and brush them with olive oil on both sides.
Preheat the air fryer to 200˚C.
Gently place a few flatbreads into the air fryer basket.
Air fry for about 10 minutes, rotating half way through until deeply golden.

For the salad:
Rinse the onion in cold water, drain and dry.
Place in a bowl and season with sugar and salt.
Toss to combine well and leave at room temperature.
Just before serving, add the rest of the salad ingredients and mix.
Taste to adjust seasoning.
To assemble:
Spread a little saucy shredded beef onto each flatbread.
Top with some avo and onion salad.
Finish with a sprinkle of feta cheese and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | http://thesecretlifeofbee.co.za/

https://www.capeherb.co.za
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