



# SPRINGBUCK WITH MASH AND ONION GRAVY

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Prep: 10 Mins  
Total: 25 Mins  
Serves: 4 ppl

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# Ingredients

800g Aloes Meats Springbuck Goulash  
1/3 cup flour  
1/2 teaspoon garlic salt  
1/2 teaspoon black pepper  
1/2 cup Vegetable oil  
1 large onion, sliced  
500ml beef stock  
brown onion soup mix

## Method

1. Combine flour, garlic salt, and black pepper in a dish.
2. Coat goulash in flour mixture.
3. Heat oil in a large skillet over medium heat.
4. Add steak (cooking in 2 batches if necessary).
5. Cook 5 minutes per side.
6. Remove steak from skillet and set aside.
7. Add onion, broth, and onion soup mix to the drippings in the pan, thicken to desired thickness by adding onion soup mix.
8. Use a wooden spoon to scrape up any browned bits stuck to the bottom of the pan.
9. Bring to a simmer and cook until onions are soft.
10. Return goulash to pan to warm.
11. Serve with creamy mashed potatoes.

