

Ptačky Serves 2

#### Ingredients.

- 1 large onion, sliced.
- 2 boiled egg, quartered.
- 4-6 pickles (gherkins). Plus 2Tbs of pickle juice.
- 400g sizzle steak (about 6 pieces of tenderised meat)
- 1/2 stick Kabana
- 6 tsp german style mustard (thommy)
- 1Tbsp Gravy mix.

#### Method.

1. Prepare all your ingredients: peel and quarter the eggs, slice onion, slice gherkins in half length ways, slice your Cabana into 3 pieces then slice length ways. If you can't find sizzle steak, buy veal schnitzel instead. Or else feel free to use any beef/pork and tenderise it yourself.
2. Spread 1 tsp of mustard over each piece of meat and season, place 1 piece of each: egg, gherkin and cabana on to the meat. Wrap the filling up with the meat and secure with a toothpick.
3. Heat a little olive oil in a pressure cooker and sauté the onions for about 5 mins, until softened. Place the meat parcels on top of the onion add the pickle juice and 2 cups of water. Place lid on and cook for 30 minutes.
4. When cooked, remove meat and place on a plate, cover to keep warm. Mix the gravy with a 1/4 cup of water and add to the pot, simmer down until reduced to a nice thick gravy.
5. Pull out the toothpicks before serving, top with gravy and serve with your favourite sides.

#### Helpful tips

This recipe could also be made in a slow cooker, you'd just have to pour the liquid out and mix in a saucepan to make the gravy.

A dutch oven on the stovetop works well too, but not as tender, cooking time will be longer.

This is a really high protein meal, it could easily serve 4 with a large side of mixed vegetables.