BRAZILIAN · LUNCH · DINNER

Rabada com Agrião (Brazilian Oxtail Stew with Watercress)

Rabada com agrião

110 min · Serves 4 · 529 kcal a serve

Video 3:35 in Portuguese · Cueca Cook - Receitas sem enrolação

Gluten-free ingredients · Dairy-free · Nut-free

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41 g protein and 13 g net carbs a serve from slow-cooked oxtail with carrots, tomato and watercress — rich in vitamin B12, zinc and iron.

Ingredients 12 · SERVES 4

- [ ] 3¼ lb **beef oxtail**, cut into pieces
- [ ] 1 **lime** (limão), to rub the meat before parboiling (rinsed off)
- [ ] 1 large **onion**, diced
- [ ] 3 **garlic** cloves, chopped
- [ ] 2 medium **carrots**, diced
- [ ] **water** to cover the meat, cooked down to a thick sauce
- [ ] 5 oz **tomato paste** (extrato de tomate — 1 small box or can)
- [ ] ½ tsp **tempero baiano** (Bahian spice mix)
- [ ] 3 **bay leaves**
- [ ] **salt** to taste (plus a little to rub the meat)
- [ ] **black pepper** to taste
- [ ] ½ bunch **watercress** (agrião), thick stems cut off

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rub the oxtail pieces with lime juice and salt and leave for 20 minutes. 0:15
2. Drop the oxtail into a pot of boiling water and boil for 20 minutes to draw out the fat. Drain and throw away the greasy water. 0:32
3. Put the oxtail back into a clean pressure cooker and fry it in its own fat, without oil, until browned and a crust forms on the bottom. 1:00
4. Add the diced onion, garlic and carrots and fry them with the meat until well coloured. 1:24
5. Pour in water to cover, add the tomato paste, tempero baiano (or pepper), bay leaves and a little salt. Bring to pressure, lower the heat once it hisses and cook for 40 minutes. 1:44
6. Release the pressure, adjust the salt and pepper and simmer uncovered until the sauce is thick and glossy. 2:09
7. Turn off the heat, add the watercress (thick stems removed), stir in gently, cover and leave for 5 minutes before serving. 2:27

> **Tip** Serves 4 (as the cook says). Rabada is traditionally served with soft polenta or rice; extra watercress or a green salad keeps the meal lower in carbs. Make it a day ahead and lift off the set fat before reheating.

The method is a summary in our words, in English — the video (in Portuguese) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
529 kcal	41 g	16 g	3.6 g	34 g	550 mg
2,210 kJ	83% of a day	12 g net · 8.1 g sugars	13% of a day	15 g saturated	24% of a day
		6% of a day		44% of a day	

Energy from net carbs 9% · protein 32% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 216% · Zinc 136% · Selenium 86% · Vitamin K 62% · Vitamin A 41% · Vitamin B6 40% · Iron 31% · Vitamin C 28% · Potassium 21%

Source of (10–19%) Magnesium 15% · Vitamin E 15%

Recipe and video: Cueca Cook - Receitas sem enrolação (@Cuecacook) on YouTube — youtube.com/watch?v=R7_z16JuUtA, published 2 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/rabada-com-agriao