

Aberdeenshire Steak Mince

Allergens - **Celery**, **Gluten**

Ingredients

Quantity	Ingredient
1.2Kg	Steak Mince
250g	Onions (chopped)
400g	Carrots (chopped or grated)
400g	Turnip (chopped or grated)
40g	Bisto (contains Wheat , Barley)
1.5Ltr	Water
15g	Beef Bouillon - Knorr (contains Celery)



Vegetable and Carbohydrate is provided based on current menu

Method

1. Brown the mince and onions in a pan.
2. Add the water and bouillon and skim off any excess fat.
3. Add the carrots and turnip and cook for 45 minutes.
4. Thicken the mince and vegetables with the Bisto.
5. Cook for a further 5-10 minutes and transfer to a serving dish.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 68	= 3.2	= 1.4	= 1.7	= 0.41	= 2.5

Portion size - Primary – 180g

Reviewed April 2018