

# Aberdeenshire Steak Mince

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

## Ingredients

Quantity	Ingredient
1.2 kg	Steak Mince (lean)
250 g	Onions (chopped)
400 g	Carrots (chopped or grated)
400 g	Turnip (chopped or grated)
40 g	<b>Bisto</b> (contains <b>Wheat</b> , <b>Barley</b> )
1.5 ltr	Water
15 g	<b>Beef Bouillon</b> - Knorr (contains <b>Celery</b> )



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 180g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 96.9	= 5.5	= 2.4	= 2.1	= 0.5	= 2.1

**Portion size** - Primary – 180g

Reviewed March 2019