

Stovies

Allergens – **Celery**, **Sulphites**

Ingredients

Quantity	Ingredient
5Kg	Potatoes (sliced) (contains Sulphites)
1.2Kg	Shoulder Steak (diced)
400g	Onions (diced)
1.25Ltr	Water
20g	Beef Bouillon (Brakes and Knorr contain Celery)



Method

1. Brown the meat and onions, add stock, cook until tender.
2. Add sliced potatoes and cook gently until potatoes are well broken down. Stir frequently.
3. Season to taste.
4. Fill serving dish, place in 200°C oven for 30 minutes until top turns golden brown.

Serve with oatcakes.

Notes

Mince may be used as an alternative.

Nutritional Content per 180g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 287	= 8.7	= 0.8	= 3.6	= 0.6	= 37.7

Portion size - Primary – 180g

Reviewed October 2018