

Prime Braised Aberdeenshire Steak & Pastry Square

Allergens – Celery, Gluten

Ingredients

Quantity	Ingredient
1.4 Kg	Shoulder Steak (diced)
200g	Onions (chopped)
300g	Turnip (grated)
300g	Carrots (grated/chopped)
25g	Bisto (contains Wheat, Barley)
700ml	Water
15g	Beef Bouillon (Brakes and Knorr contain Celery)
600g	Puff Pastry (contains Wheat)



Vegetable and Carbohydrate is provided based on the current menu

Method

1. Brown the diced steak in a dry pan.
2. Add the vegetables and stock and cook until the meat is tender.
3. Thicken the cooked meat with Bisto and transfer to a serving tin/ dish.
4. Cut the pastry into 30g (1oz) squares. Cook and serve on top of the cooked meat.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 126	= 16.4	= 7.3	= 2.0	= 1.0	= 14.6

Portion size - Primary – 140g Academy – 190g

Reviewed April 2018