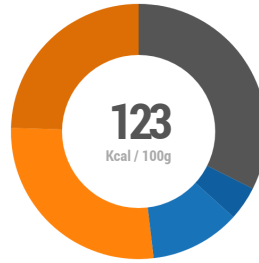


Slow Cooked Featherblade Beef with Creamed Potatoes

Beef featherblade served with creamy mash, carrots and green beans, with a red wine sauce

OVERVIEW ...



CALORIES:

15.7% Carbs

32.4% Protein

51.9% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MILK



SULPHITES

MAY CONTAIN:



EGGS



CELERY



MUSTARD



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

122807 Slow Cooked Beef Featherblade.. - BRAKES

SLOW BEEF FEATHERBLADE

BRAKES **210g**

N/A

450520 Peka Chilled Mash Potato (19 Oct 2023)..

CHILLED MASH POTATO

BRAKES **100g**

unchanged

450329 Chantenay Carrots (19 Oct 2023)..

CHANTENAY CARROTS

BRAKES **40g**



Boiled

4745 Brakes Whole Green Beans extra fine..

BEANS

BRAKES **40g**



Boiled

151502 Knorr Garde D'or Red Wine Sauce.. - BRAKES

151502 RED WINE SAUCE

BRAKES **50g**

½ x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 440g / 551kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the beef in its pouch

Method:

1. Reheat the featherblade in a pan of simmering water until core temperature is reached
2. Meanwhile place another pan of water on the hob and bring to the boil
3. Add the carrots and cook for approx. 3 mins, after 2 mins add the beans
4. Put the sauce into a small pan and bring to a gentle boil
5. Whilst the sauce is heating up, reheat the mash in a small saucepan on a medium heat
6. Drain the vegetables - add a little salt & pepper if desired
7. Remove the beef from the water & decant from its pouch, add the cooking liquor to the sauce - mix well
8. Spoon the mash into the centre of your chosen dish
9. Top with the beef and arrange the veg alongside the beef
10. Spoon over the sauce and serve!