

recipe



Local service...National scale

Beef Casserole with Pasta

A delectable mixture of tastes in a warm casserole sauce with pasta shapes.

Ingredients

1 tsp olive oil	1/2 onion
100 ml vegetable stock	1 clove garlic
1 pinch of oregano	50 g carrot
Pinch of mixed herbs	50 g celery
75 g pasta shapes (uncooked weight)	2 tsp plain flour
75 g mushrooms	2 tsp tomato pureé
100 g of lean stewing steak	1 tsp Worcestershire sauce

SERVES	1
PREPARATION TIME	15 minutes
COOKING TIME	1 hour 20 mins

EACH SERVING CONTAINS

Calories:	528kcal	27% GDA
Sugar:	12g	14% GDA
Fat:	11g	16% GDA
Saturates:	4g	20% GDA
Salt:	0.6g	10% GDA

GDA - Guideline Daily Amount

Method

1. Heat the oil in a non-stick pan. Cut the stewing steak into bite-sized pieces and brown on all sides, keeping the heat high. Once browned, set aside on a plate and add the finely sliced onions, crushed garlic, diced carrot and celery to the pan. Cover with a lid and cook over a gentle heat for 10 minutes. Sprinkle over the flour and stir in well.
2. Return the meat, with any juices to the pan. Add the tomato pureé, Worcestershire sauce, stock and herbs and turn the heat low to gently simmer for 30 minutes.
3. After this time, prepare the pasta according to package directions but omitting any suggested fat or salt.
4. Add the mushrooms to the beef stew and continue to simmer while the pasta cooks.
5. Serve the beef stew over pasta.