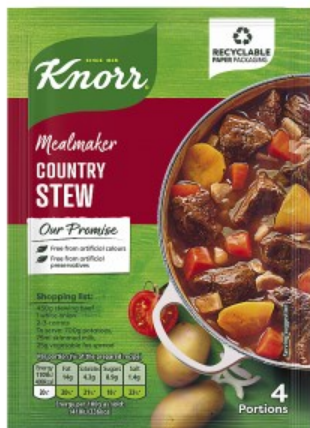


Knorr Mealmaker Country Stew 41g



EAN

5011002003055

Target market(s)

GB, IE

Components

Ingredients

WHEAT Flour

Yeast Extract

Potato Starch

Onion Powder (9.6%)†

Iodised Salt

Tomato Puree Powder (5.9%)†

Salt

Sugar

Palm Fat

Caramel Syrup

Maltodextrin

Spices

Bay Leaf†

Garlic

Flavourings (contain **CELERY**)

† From Sustainable Agriculture

Allergy Text

May contain Egg, Milk, Mustard, Soy and other Cereals containing Gluten.

Nutrition

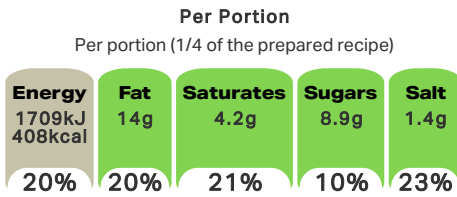
	Per 100g as sold	Per portion**	%* per portion**
Energy	1410kJ/ 336kcal	1709kJ/ 408kcal	20%
Fat	3.7g	14g	20%
of which saturates	1.7g	4.2g	21%
Carbohydrate	57g	40g	15%
of which sugars	9.8g	8.9g	10%
Fibre	3.7g	4.9g	
Protein	17g	30g	60%
Salt	10.4g	1.4g	23%
*% of the Reference Intake of an average adult (8400kJ / 2000kcal)			

** 1 portion = 1/4 of the prepared recipe (according to shopping list)

Calculated Nutrition

	per 100g	Per portion
Energy (kJ)	1410	1709
Energy (kcal)	336	408
Fat (g)	3.7	14
of which saturates (g)	1.7	4.2
Carbohydrate (g)	57	40
of which sugars (g)	9.8	8.9
Fibre (g)	3.7	4.9
Protein (g)	17	30
Salt (g)	10.4	1.4

Front of Pack Nutrition



Energy per 100g as sold: 1410kJ/336kcal

% of the Reference Intake of an average adult (8400kJ / 2000kcal)

Nutrition Other Text

% of Reference Intake of an average adult (8400kJ / 2000kcal)

1 portion = 1/4 of the prepared recipe (according to shopping list)

Reference Intake Statement

Reference Intake Statement - % of Reference Intake of an average adult (8400kJ / 2000kcal)

Product Description

Brand

Knorr

Features

Free from artificial colours

Free from artificial preservatives

Standardised Brand

Brand - Knorr

Regulated Product Name

Country Stew Recipe Mix.

Marketing

Company Name

Unilever Ireland / Unilever UK

Company Address

Unilever Ireland,
20 Riverwalk,
Citywest,
Dublin 24.

Unilever UK,
Freepost,
ADM3940,
London,
SW1A 1YR.

Third Party Logos

- FSC
- Mobius Loop

Product Marketing

Our Knorr chefs have created this unique blend made with tomatoes and bay leaves to help you create a deliciously rustic beef stew for all the family.

Brand Marketing

Our Knorr chefs believe that great tasting and high quality ingredients come from a conscious use of agricultural resources.

Other Information

FSC - FSC® Mix, Packaging / Supporting responsibly forestry, FSC® C157745, www.fsc.org

Knorr, Unilever and the U device are registered trademarks

Further Description

To learn more please visit www.knorr.ie.

Health & Lifestyle

Allergy Advice

Celery - Contains
Cereals Containing Gluten - May Contain
Eggs - May Contain
Milk - May Contain
Mustard - May Contain
Soya - May Contain
Wheat - Contains

Additives

Artificial Colours - Free From
Artificial Preservatives - Free From

Storage & Usage

Storage Type

Type

Ambient

Preparation and Usage

Shopping list:

450g stewing beef

1 white onion

2-3 carrots

To serve: 700g potatoes, 75ml skimmed milk, 25g vegetable fat spread

Storage

Store in a cool, dry place

Date Marking Type

- Best Before

Recipes

For this recipe you will need:

1 tbsp vegetable oil, 1 onion (chopped), 450g stewing beef (diced), 2-3 carrots (sliced), 570ml water.

To serve:

700g potatoes, 25g vegetable fat spread, 75ml semi-skimmed milk.

Cooking Instructions:

1) In a large saucepan heat the oil and fry the onion until golden.

2) Add the beef and fry until browned. Add the carrots.

3) Blend the contents of the sachet with 570ml water, add to the pan and bring to the boil, stirring continuously.

4) Cover and simmer very gently, stirring occasionally for 1 1/2 - 2 hours or until the beef is tender.

5) Delicious served with mashed potatoes and seasonal vegetables of your choice. Put the potatoes in a pot of boiling water, cook until soft then drain. Add the milk and spread and mash until smooth.

Chef's tip: Add the carrots after one hour of cooking for a better finished look

Brandbank Captured Pack Data

Pack Size

0.09lbs e

Numeric Size

Numeric Size - 0.09

Pack Type

Type - Bag

Recycling Other Text

Recyclable Paper Packaging

Usage Count

Number of uses - Servings

4

Usage Other Text

4 Portions

Ingredients: **WHEAT** flour, yeast extract, potato starch, onion powder (9.6%)[†], iodised salt, tomato puree powder (5.9%)[†], salt, sugar, palm fat, caramel syrup, maltodextrin, spices, bay leaf [†], garlic, flavourings (contain **CELERY**). May contain egg, milk, mustard, soy and other cereals containing gluten.

[†] From sustainable agriculture