

## Knorr Mealmaker Shepherd's Pie 42g



EAN

8712566173143

Target market(s)

GB, IE

### Components

#### Ingredients

**WHEAT** Flour

Tomato Puree Powder (12.6%)†

Corn Starch

Onion Powder (8.6%)†

Iodised Salt

Flavourings (contain **WHEAT**)

Yeast Extract

Garlic Powder (2.7%)†

Sage†

**BARLEY** Malt Extract

Pepper

Salt

†From sustainable agriculture

#### Allergy Text

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

#### Nutrition

	Per 100g as sold	Per portion**	%* per portion**
Energy	1364kJ/ 325kcal	1932kJ/ 462kcal	23%
Fat	3.0g	13g	19%
of which saturates	1.3g	4.1g	21%
Carbohydrate	59g	46g	18%
of which sugars	8.2g	11g	12%
Fibre	5.7g	8.9g	
Protein	12g	36g	72%
Salt	11.5g	1.7g	28%

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

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

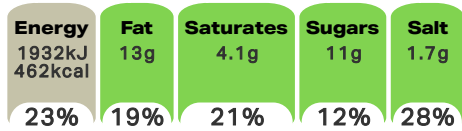
#### Calculated Nutrition

	per 100g	Per portion
Energy (kJ)	1364	1932
Energy (kcal)	325	462
Fat (g)	3	13
of which saturates (g)	1.3	4.1
Carbohydrate (g)	59	46
of which sugars (g)	8.2	11
Fibre (g)	5.7	8.9
Protein (g)	12	36
Salt (g)	11.5	1.7

#### Front of Pack Nutrition

##### Per Portion

Per portion (1/4 of the prepared recipe)



Energy per 100g as sold: 1364kJ/325kcal

% of 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

Prepared with sun-ripened tomatoes

Free from artificial colours

Free from artificial preservatives

#### Standardised Brand

Brand - Knorr

#### Regulated Product Name

Shepherd's Pie 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 sensational sage and onion seasoning sauce to transform mince, vegetables and smooth mash into a hearty and irresistible shepherd's pie.

### 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 responsible forestry, FSC® C157745, [www.fsc.org](http://www.fsc.org)

Knorr, Unilever and the U device are registered trademarks

### Further Description

To learn more please visit [www.knorr.ie](http://www.knorr.ie).

## Health & Lifestyle

### Allergy Advice

Barley - Contains  
Celery - May Contain  
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 lean minced beef

1 onion, 2 carrots, 100g frozen peas, 1 tbsp tomato ketchup

700g potatoes,

To serve: 320g broccoli,

120g spinach

### 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), 2 carrots (diced), 450g lean minced beef, 300ml water, 100g frozen peas, 1 tbsp

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

320g broccoli (steamed), 120g spinach (sautéed).

Cooking Instructions:

1) Preheat the oven to 190°C, 180°C fan assisted, Gas mark 5.

2) Heat the oil in a pan and fry the onion and carrots for 2-3 minutes. Add the beef and continue to fry until brown.

3) Blend the contents of the sachet with the water and stir into the mince and simmer for 10 minutes. Add the peas and bring back to the boil.

4) Stir in the ketchup and pour into an oven proof dish. Peel and dice the potatoes, cook until soft then drain. Mash with the milk and spread until smooth. Cover the meat mixture with mashed potato and bake for 25-30 minutes.

5) Enjoy with a side of steamed broccoli & sautéed spinach for a balanced meal.

## Brandbank Captured Pack Data

### Pack Size

0.09lbs e

### Numeric Size

Numeric Size - 0.09

### Pack Type

Type - Sachet

### Recycling Other Text

Recyclable Paper Packaging

### Usage Count

Number of uses - Servings

4

### Usage Other Text

4 Portions

## Customer Services

### Manufacturers Address

Unilever Ireland,  
20 Riverwalk,  
Citywest,  
Dublin 24.

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

### Return To

Unilever Ireland,  
20 Riverwalk,  
Citywest,  
Dublin 24.

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

Any comments or questions?  
(IE) Freephone 1800 70 80 50  
(UK) Freephone 0800 731 1411  
Mon-Fri 8am-6pm  
UKIcare@unilever.com  
www.knorr.ie / www.knorr.com/uk

### Telephone Helpline

(IE) 1800 70 80 50  
(UK) 0800 731 1411

### Email Helpline

UKIcare@unilever.com

### Web Address

www.knorr.ie  
www.knorr.com/uk

## Extended Data

### Description Breakdown

Functional Name - Mealmaker  
Variant - Shepherd's Pie



NUTRITION INFORMATION (Typical Values)	Per 100g as sold	Per portion**	%* per portion**
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\* % of Reference Intake of an average adult (8400kJ / 2000kcal).  
\*\* 1 portion = 1/4 of the prepared recipe (according to shopping list)

Ingredients: **WHEAT** flour, tomato puree powder (12.6%)<sup>†</sup>, corn starch, onion powder (8.6%)<sup>†</sup>, iodised salt, flavourings (contain **WHEAT**), yeast extract, garlic powder (2.7%)<sup>†</sup>, sage<sup>‡</sup>, **BARLEY** malt extract, pepper, salt.

May contain celery, egg, milk, mustard, soy and other cereals containing gluten.

<sup>†</sup>From sustainable agriculture.