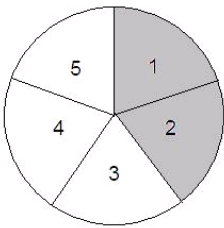


Beef & Lentil Stew with Leek Dumplings

Serves 4

Portions of fruit & vegetables per serving: 2



Hob needed



Oven needed



Allergen information:

Allergens are in bold.

Contains cereals

containing gluten

Contains milk

May contain celery and soya

Ingredients	Amount	Preparation
<u>for the stew</u>		
vegetable oil	1 tablespoon	
onion	1 large	sliced
beef stewing steak	280g (10oz)	cut into cubes
corn flour or plain flour	75g (2½oz)	
mixed casserole vegetables	approx 500g	peeled and cubed
garlic (optional)	1 - 2 cloves	crushed
stock cube	1	
dried mixed herbs	1 tablespoon	
black pepper	½ teaspoon	
red lentils	3 tablespoons	
water	300ml (½ pint)	
<u>for the dumplings (optional)</u>		
reduced fat margarine	50g (2oz)	
self-raising flour	170g (6oz)	
leeks or onions	80g (3oz)	chopped
semi skimmed milk	2-3 tablespoons	

Please Turn Over

Method

Stew

- 1 Pre-heat oven to gas mark 4/120°C/255°F
- 2 Heat the oil in a non-stick frying pan, add the sliced onion and cook until soft.
- 3 Place the meat and flour in a bowl and mix together. Add the meat to the pan and cook, turning, until the beef is just brown.
- 4 Put all the other ingredients in a large casserole dish with a lid. Remove the browned meat from the pan, carefully draining any fat away, and add to the other ingredients in the dish.
- 5 Stir until the meat and vegetables are covered by sauce. Put the lid on and place in the middle of the oven.
- 6 Cook slowly for about 1½ - 2 hours in the oven or put in a slow cooker.
- 7 The stew can be eaten at this point without dumplings. For dumplings, follow the method below.

Dumplings

- 1 Place the margarine and flour in a clean bowl and rub together until they form breadcrumbs. Add the finely chopped leeks or onions.
- 2 Add the milk a little at a time mixing with a metal knife until the mixture forms a stiff dough. Flour your hands and form the mixture into a ball, then break off pieces and roll into small balls. The mixture makes about 10 dumplings.
- 3 Half an hour before the stew is ready, remove from the oven, and place the dumplings on top of the stew. Return to the oven with the lid firmly on, and cook for the remaining time. Serve.

With Dumplings
671 calories

Per serving

Fat	MED	21.6g
Saturates	LOW	3g
Sugars	LOW	9.9g
Salt	LOW	1.8g

Without Dumplings
420 calories

Per serving

Fat	LOW	9.4g
Saturates	LOW	0.4g
Sugars	LOW	9.4g
Salt	LOW	1.1g

■ HIGH ■ MEDIUM ■ LOW

Handy Hints

- Fresh, frozen or ready-prepared vegetables could be used.
- Having the dumplings with the stew will increase the fat in this dish a lot.
- Serve the stew with extra vegetables, potatoes or crusty bread.