

Knorr Mealmaker Beef Casserole 48g



EAN

5011002603255

Target market(s)

GB, IE

Components

Ingredients

Starch

Tomato Puree Powder† (15.7%)

Flavourings

Yeast Extract

Onion Powder† (6.7%)

Iodised Salt

BARLEY Malt Extract

WHEAT Flour

Salt

Spices (Garlic Powder†, Pepper, Parsley Root Powder†)

Herbs (Parsley†, Thyme†)

*From sustainable agriculture

Allergy Text

May contain Celery, Egg, Milk, Mustard, Oats, Soy and Other Cereals containing Gluten.
Made to a vegan standards; check the ingredients section for allergen information.

Nutrition

	Per 100g as sold	Per portion**	%* per portion**
Energy	1417kJ/ 335kcal	1877kJ/ 447kcal	22%
Fat	1.4g	12g	17%
of which saturates	0.6g	3.4g	17%
Carbohydrate	69g	48g	18%
of which sugars	8.7g	13g	14%
Fibre	4.9g	8.6g	
Protein	7.9g	34g	68%
Salt	7.5g	1.3g	22%
*% of the Reference Intake of an average adult (8400kJ/2000kcal)			
**1 portion = 1/4 of the prepared recipe (according to shopping list)			

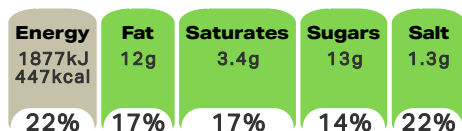
Calculated Nutrition

	per 100g	Per portion
Energy (kJ)	1417	1877
Energy (kcal)	335	447
Fat (g)	1.4	12
of which saturates (g)	0.6	3.4
Carbohydrate (g)	69	48
of which sugars (g)	8.7	13
Fibre (g)	4.9	8.6
Protein (g)	7.9	34
Salt (g)	7.5	1.3

Front of Pack Nutrition

Per Portion

Per portion (1/4 of the prepared recipe):



Energy per 100g as sold: 1417kJ/335kcal

% 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

Free from artificial colours
 Free from artificial preservatives
 European Vegetarian Union
 Suitable for Vegans

Standardised Brand

Brand - Knorr

Regulated Product Name

Beef Casserole 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
- V-Label (European Vegetarian Union)

Product Marketing

Our Knorr chefs have created this special blend with tomatoes and herbs that transforms beef, carrots and onions into a delicious casserole.

Brand Marketing

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

Other Information

V-Label (European Vegetarian Union) - Vegan, V-LABEL.EU
FSC - FSC® Mix, Packaging / Supporting responsible 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

Lifestyle

- Suitable for Vegans
- Suitable for Vegetarians

Allergy Advice

Barley - Contains
Celery - May Contain
Cereals Containing Gluten - May Contain
Eggs - May Contain
Milk - May Contain
Mustard - May Contain
Oats - 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 stewing beef
1 onion, 1 parsnip, 3 carrots
1 red pepper (optional)

To serve: 75ml semi-skimmed milk
320g broccoli, 700g potatoes
25g vegetable spread

Storage

Store in a cool, dry place.

Date Marking Type

- Best Before

Recipes

For this recipe you will need:

1 tbsp vegetable oil, 450g stewing beef (cubed), 1 onion (chopped), 1 parsnip (peeled & chopped), 3 carrots (sliced), 1 red pepper (chopped), 450ml water.

To serve: 320g broccoli, 700g potatoes,
25g vegetable spread, 75ml semi-skimmed milk

Cooking Instructions:

- 1) Preheat the oven to 180 degrees/170 degrees fan assisted, Gas mark 4.
- 2) Heat the oil in a frying pan and fry the onion until golden. Add the beef and fry until browned.
- 3) Add the beef, onion and remaining vegetables to a casserole dish. Blend the contents of the sachet with 450ml water and pour into the casserole dish.
- 4) Cover and cook for 2 hours or until the beef is tender.
- 5) To serve: Peel and dice the potatoes then cook until soft. Mash with the milk and spread until smooth. Delicious served with mashed potato and steamed broccoli.

Brandbank Captured Pack Data

Pack Size

0.11lbs e

Numeric Size

Numeric Size - 0.11

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?
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(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 - Beef Casserole



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

Ingredients: Starch, tomato puree powder[†] (15.7%), flavourings, yeast extract, onion powder[†] (6.7%), iodised salt, **BARLEY** malt extract, **WHEAT** flour, salt, spices (garlic powder[†], pepper, parsley root powder[†]), herbs (parsley[†], thyme[†]).
May contain celery, egg, milk, mustard, oats, soy and other cereals containing gluten.
[†]From sustainable agriculture