



CORNEB BEEF STEW

Corned beef is salt-cured brisket of beef, usually found in tins. It got its name in the 17th century from the large “kernels” of rock salt used to preserve the Irish beef when it was exported to Britain. During the second world war, corned beef was one of the rations eaten by troops on the front line.



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons, use a jug to measure; use weighing scales, cut using bridge/claw techniques safely; use a vegetable peeler; use a colander; season to taste, use a hob/appliance (with adult supervision).

Equipment: Hob, large saucepan with lid, chopping board, knife, vegetable peeler, colander, weighing scales, tin opener, teaspoon, wooden spoon, measuring jug, measuring spoons.

Allergens*: Celery | May contain gluten

Ingredients (serves 4):

- 200g tin corned beef, reduced salt
- 1 medium onion, peeled
- 400g tin chopped tomatoes
- 2 medium potatoes, peeled
- 2 medium carrots, peeled
- ½ swede, peeled
- 100g split red lentils
- 100g frozen peas
- 500ml beef stock, reduced salt
- 1 tsp vegetable oil
- Black pepper, to taste

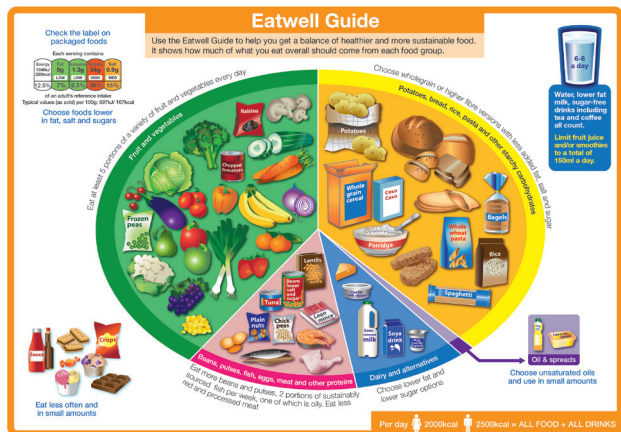
Method

1. Dice the potato, carrot and swede into small bite sized pieces and roughly chop the onion.
2. Rinse the lentils in a colander and drain.
3. Heat the oil in a pan, add the onion and cook gently for 5 minutes.
4. Pour in the beef stock, carrots and swede, stir and bring to the boil. Cover with a lid and cook for 5 minutes.
5. Add the potato, chopped tomatoes and the lentils, stir, cover with the lid and cook for a further 15 minutes on a low heat.
6. Cut the corned beef into cubes. Add to the pan with the peas and black pepper and stir.
7. Cook for a further 5 minutes, stir and serve.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use



CORNED BEEF STEW Nutrition Information



Source: Public Health England in consultation with the Food Commission, Food Standards Scotland and the Food Standards Agency Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

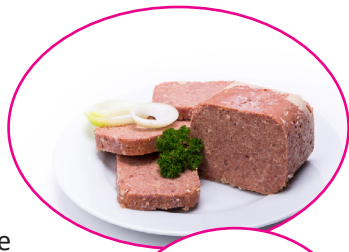
- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Corned Beef Stew...

Corned Beef is a good source of protein but it is also high in salt so try and use reduced salt versions where possible.

Tomatoes are really good for us containing a wide range of vitamins and minerals. They also contain lycopene, a type of antioxidant which can help protect our bodies from disease.

Lentils are legumes and they are packed with protein and fibre. They are also low in calories and fat.



Energy, sugar, fat and salt per serving

Per 470g serving

	ENERGY	16%
	1368kJ / 325kcal	
LOW	FAT	12%
	8.1g	
LOW	SATURATES	18%
	3.5g	
LOW	SUGARS	13%
	12.0g	
LOW	SALT	15%
	0.89g	

% of an adult's reference intake

Typical values per 100g : Energy 291kJ /69kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.