



Stewed Steak with Herby Dumplings



Serves
4



Ingredients

2 x 392g cans Princes Stewed Steak
1 x 400g can of sliced carrots, drained

For the dumplings;

100g self-raising flour

50g shredded suet

1 level tsp baking powder

Pinch of salt

Small bunch of fresh parsley, finely chopped

1 tsp dried oregano

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	458kcal	3.9g	21.2g	10.3g	3.8g
RI%	23%	4%	30%	52%	63%

Method

1. Pre-heat the oven to 180°C/Gas Mark 4.
2. To make the dumplings, combine all the ingredients together in a bowl and add approximately 5 tbsps cold water to form a soft and pliable dough. Form into 8 balls.
3. Place the stewed steak and the carrots into a lidded casserole dish and pour in 4 tbsps hot water. Stir to combine, then tuck in the dumplings and place on the lid.
4. Cook in the oven for 45 minutes and serve.

