

Beef and stout stew with carrots

Ingredients:

British beef shin (29%), carrot (29%), Guinness (14%), beef stock, onion, sunflower oil, **plain flour**, salt, pepper

Dumplings: self-raising flour, suet, salt, pepper

Allergens:

Gluten, (gluten free by request if choosing stew only)

Diet:

Dairy free

To cook / re-heat

Thoroughly defrost if frozen.

Suitable for re-heating in saucepan, oven or microwave.

If re-heating in the microwave, remove from the foil container and place in a microwavable container.