

# Beef Olives

## Ingredients

- 6 Beef Olives
- 150g Onion – One Large
- 150g diced carrot (2 medium)
- 100g Turnip
- 75g Peas
- 75g Sweetcorn
- Powdered Beef Casserole Sauce Mix
- Salt & Pepper to Taste

Quantities are just a guide as the exact numbers don't matter that much.

## Options

- You can substitute the vegetables with whatever you have available.
- Works well with the powdered Peppered Beef Casserole Mix – but far too spicy for Marion's Meals.

## Equipment

- Big pot
- Baking Tray
- Tin Foil
- Sharp Knife
- Mixing Jug
- Basic utensils – nothing special!

## Preparation

There's not much to do here other than dice the veg and gather the other ingredients.

Note: I'm happy to buy beef olives from the local butcher. They are made fresh and tend to not have additives. At the end of the day, it's just frying steak wrapped around sausage meat!

You can also get beef olives with a vegetable or sage stuffing, instead of the sausage.

## Method

Pre-heat the oven to 180°.



Line the baking tray with the tinfoil and pop the beef olives in the oven for 10 minutes.

Turn the beef olives and return to the oven for a further 10 minutes.

Transfer the beef olives to the large pot and cover with water.

Add the carrot, turnip and onion, and simmer for 30 minutes or until the vegetables are soft.

Add the peas and sweet corn and return to the boil.

Mix the powdered sauce in the jug with a little water until smooth.

Add the sauce to the pot and simmer for 5 minutes.

## Tips

You can also brown the beef olives in a frying pan with a splash of oil.

## Portions

Number of portions	3
Final Portion Size	325g
Storage Container	Plastic Tray 3-Cell Tray

## Storage

This can be served fresh but also ideal for freezing in a plastic tray for individual meals.

Allow to cool before freezing

## Heating & Serving

Heating instructions from chilled are a guide only.

Be sure the meal is piping hot throughout before serving.



5 min

20 min

*If reheating from frozen, increase heating times.*

Preferably defrosted overnight before heating.

Add a splash of water to the tray before heating.

Can be served with boiled or mashed potato or a mash mix of potato, carrot and turnip.

You can use a 3-cell tray to include the mash and additional side veg in the same dish.

**Once defrosted, consume within 24 hours.  
Do not refreeze.**

## Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Heating Marion's Meals

## Notes

- Two beef olives per portion.
- Freezes well in a plastic tray.



*Plastic tray – you need to heat potato and vegetables separate.*



*3-cell tray is a complete meal.*

*Portions for Freezing*



*Serving Suggestions for Beef Olives*