

# Beef Bourguignon



## **Stove Top**

Same from frozen and defrosted

Medium stove-top temperature. Remove lid, place into a non-stick pot. Heat slowly with lid on, stirring intermittently. Bring to a gentle simmer.

## **Microwave Defrosted (400g)**

700W Remove lid. Heat for 5 minutes.

**(1kg)**

700W Remove lid. Heat for 10-12 minutes.

**(400g)**

700W Remove lid. Heat for 15 minutes.

**(1kg)**

700W Remove lid. Heat for 15-18 minutes.

## **AryFryerDefrosted (400g)**

Set to 180°C. Remove lid, cover with foil and place in the basket.

Heat for 10 minutes, remove foil, gently stir, and heat for a further 5-7 minutes.

**(1kg)**

Set to 180°C. Remove lid cover with foil and place in the basket. Heat for 25 minutes, remove foil, gently stir, and heat for a further 5-10 minutes.

## **Frozen (400g)**

Set to 180°C. Remove lid, cover with foil and place in the basket. Heat for 15 minutes, remove foil, gently stir, and heat for a further 15-18 minutes.

**(1kg)**

Set to 180°C. Remove lid, cover with foil and place in the middle of the basket. Heat for 55 minutes, remove foil, gently stir, and heat for a further 5-10 minutes.

## **Serving Suggestion**

Serve with our Creamy mash potato's.

## **Please Note**

These cooking instructions are just a guideline. Since your appliance may vary in personality or power rating, please adjust as needed. Portion size is a guideline, as it depends on one's appetite and if any accompaniments are being served.