

## SLOW COOKED BEEF STEW WITH DATES



Slow cooked beef with dates, onions, ginger, and chilli is a dish that will appeal to fans of Oriental meat dishes. This appetising, filling stew was created for people who want to chase away boredom from the kitchen. The dish is a great choice for a family dinner or an evening meeting with friends - it will surely provide many tasty culinary experiences, remaining in the memory of the guests for a long time.  
Packaging: vacuum packed.

### NUTRITIONAL VALUE PER 100 G:

<b>energy</b>	<b>121 kcal</b>
<b>fat</b>	<b>2.6 g</b>
<b>sugar</b>	<b>5.1 g</b>
<b>saturated fatty acids</b>	<b>1.2 g</b>
<b>protein</b>	<b>18 g</b>
<b>carbohydrates</b>	<b>6 g</b>
<b>salt</b>	<b>0.6 g</b>