

Components

Ingredients

Venison (64%)

Pork (16%)

Water

Pea Flour

Salt

Potato Starch

Rice Flour

Dextrose

Preservative: Sodium **Metabisulphite**

Stabiliser: Sodium Triphosphate

Flavouring Preparation (Spice and Herb Extracts)

Antioxidant: Ascorbic Acid

Allergen Tag Text

See ingredients in **bold**

Nutrition

	Per 100g
Energy	482kJ 115kcal
Fat	4.1g
of which Saturates	1.8g
Carbohydrate	0.8g
of which Sugars	0.7g
Protein	17g
Salt	1.1g

Calculated Nutrition

	per 100g
Energy (kJ)	482
Energy (kcal)	115
Fat (g)	4.1
of which saturates (g)	1.8
Carbohydrate (g)	0.8
of which sugars (g)	0.7
Protein (g)	17
Salt (g)	1.1

Front of Pack Nutrition

Per Portion

per grillsteak as sold (125g)

Energy	Fat	Saturates	Sugars	Salt
602kJ 144kcal	5.1g	2.3g	0.9g	1.4g

Typical Values per 100g: Energy 482kJ/115kcal

Product Description

Brand

Scottish Slimmers

Features

Only 6 checks 144 kcal per grillsteak

Standardised Brand

Brand - Scottish Slimmers

Regulated Product Name

Venison Grillsteaks

Marketing

Company Name

Highland Retail

Company Address

Baird Avenue,
Dundee,
DD2 3TN.

Product Marketing

Made from chopped and shaped lean Venison and Pork with a hint of seasoning

Other Information

Scottish Slimmers Grillsteak with Greek Salad per portion:
16 checks, 14g fat

Health & Lifestyle

Allergy Advice

Sulphur Dioxide/Sulphites - Contains

Storage & Usage

Cooking Guidelines

Cooking Instructions - General

Cook from chilled. Remove all packaging.
Spray the grillsteaks with a little sunflower oil.
Ensure product is cooked thoroughly and no pink meat visible.
All appliances vary, these are guidelines only.
Not suitable for microwave cooking.

Oven cook - From Chilled

Preheat the oven to 180C/350F/Gas Mark 4, place on a baking tray and cook for 18-20 minutes or until cooked through.

Grill - From Chilled

10-12 minutes

Preheat the grill to moderate, then cook for 5-6 minutes per side or until cooked through.

Shallow Fry - From Chilled

6-8 minutes

Heat a heavy frying pan or griddle pan over a moderate heat for 1 minute. Fry the grillsteaks for 3-4 minutes per side, turning once. Loosely cover with kitchen foil and allow grillsteaks to rest for 5 minutes before serving for maximum tenderness.

Storage and Usage Statements

- Cannot be Microwaved
- Keep Refrigerated

Storage Type

Type
Chilled

Storage

Keep refrigerated. Once opened, keep refrigerated and use within 2 days. Do not exceed the use by date.
If freezing, freeze on the day of purchase and refer to appliance manufacturer's advice for storage time.
Defrost thoroughly in the fridge and use within 24 hours.
Once thawed do not re-freeze.

Recipes

Recipe Suggestion

Venison Grillsteaks with Warm Greek Salad (Serves 4)

Cook 4 grillsteaks according to the cooking guidelines. While they are cooking, sprinkle 200g orzo (Greek pasta looking like rice) into a large pan of boiling salted water and boil for 8 minutes. Stir in 225g bag prepared fresh baby spinach, kale or watercress and boil for another 2 minutes. Tip into a colander or sieve and leave to drain. Tip 250g halved cherry tomatoes, 75g black olives, 100g low fat feta cheese, broken into rough chunks into a big bowl, season with lots of black pepper and then drizzle with 2 tablespoons rapeseed oil. Toss in the drained hot pasta and spinach, and serve with the grillsteaks. Scatter with Greek basil or fresh oregano.

Maxime Clark

Food Writer