

**ASDA quick'n'easy meal ideas : beef & tomato crusty bread bake,
Caribbean bananas / ASDA.**

Contributors

ASDA (Firm)

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**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



ASDA

Quick'n'Easy
Meal Ideas

Beef & Tomato
crusty bread bake

Caribbean Bananas

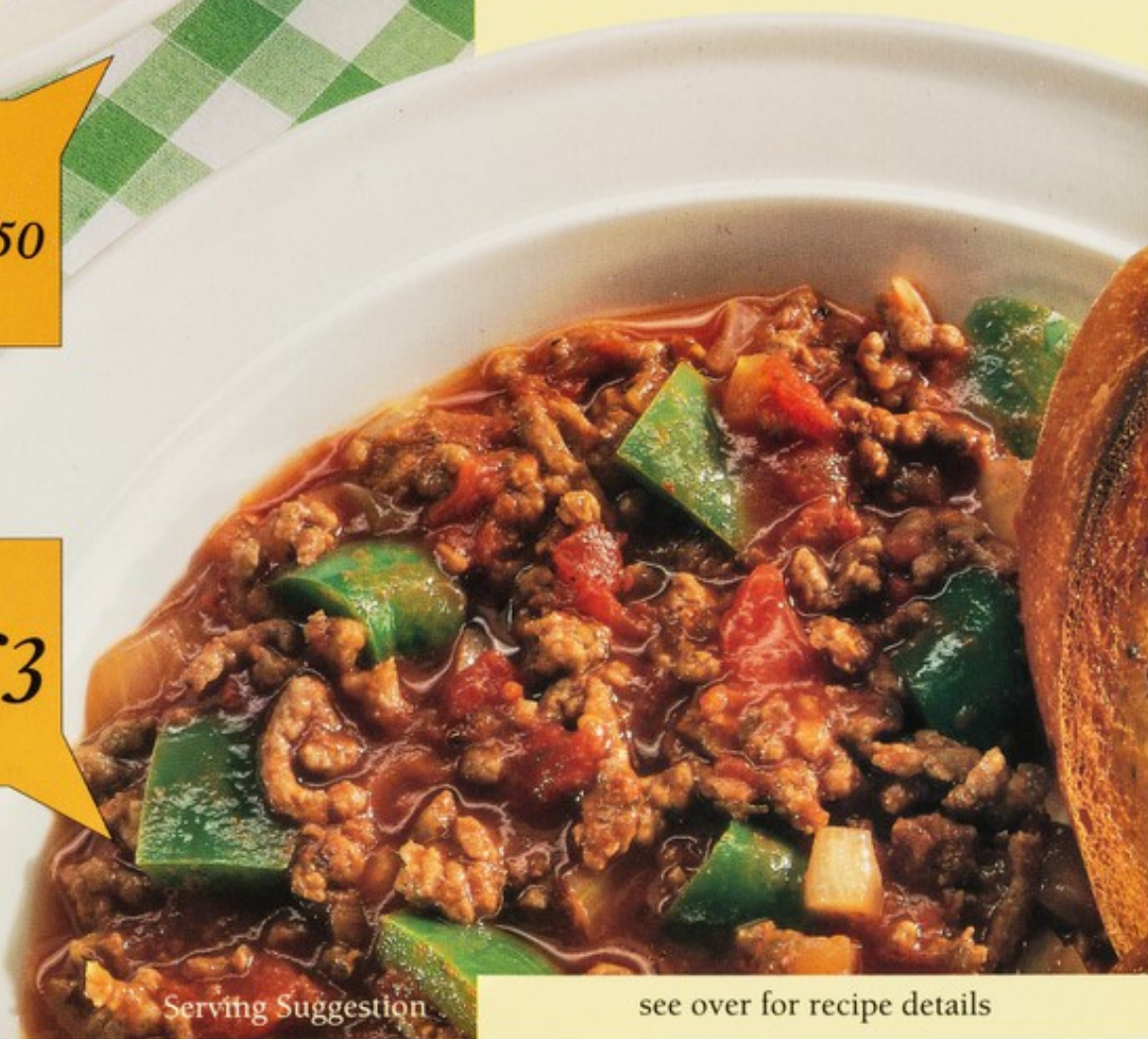


THE Sun



4 portions
for under
£1.50

4 portions
for under
£3



Serving Suggestion

see over for recipe details

Beef & Tomato crusty bread bake

THE Sun

ASDA
Quick'n'Easy
Meal Ideas

Serves 4

Cooking Time: 35-40 mins

Temperature: 200°C/400°F

Gas Mark 6

INGREDIENTS

450g (1 lb) Minced Beef

1 Onion, chopped

2 Garlic Cloves, crushed

1 Green Pepper, de-seeded
and cut into cubes

1 x 400g can Chopped
Tomatoes

1 x 15ml sp (1 tbsp) ASDA
Tomato Purée

3 x 5ml sp (3 tsp) ASDA Dried
Mixed Herbs

Salt and Freshly Ground Black
Pepper

25g (1 oz) ASDA Butter

8-10 slices French Bread

METHOD

1. In a large saucepan, brown the minced beef. Drain off excess fat. Add the onion and half the crushed garlic. Fry for a further 2-3 minutes.
2. Add the green pepper, chopped tomatoes, tomato purée and 2 x 5ml sp (2 tsp) of the mixed dried herbs. Stir and season well. Transfer to a casserole dish and cover. Place in a preheated oven for 20 minutes.
3. Mix together the butter, remaining garlic and mixed herbs. Spread onto the French bread.
4. Arrange the bread, buttered side up, on top of the casserole, cook for a further 10 minutes until crisp and golden.



CALORIES

446 per serving

HEALTHIER CHOICE

Use Extra Lean Ground Beef and an
ASDA Granary Baguette

WINE SUGGESTION

An ideal wine to accompany this meal is
ASDA St. Chinian

4 portions
for under

£3

Caribbean Bananas

Serves 4-6

Cooking Time: 8 minutes

INGREDIENTS

250ml (1/2 pt) ASDA Pure
Orange Juice

75g (3oz) Brown Sugar

1 Lemon, grated rind and juice

1 x 220g can ASDA Pineapple
Chunks in Fruit Juice

4 Bananas, cut into 4 pieces

25g (1 oz) ASDA Desiccated
Coconut

METHOD

1. Place the orange juice, brown sugar, lemon rind and juice and pineapple chunks with their juice into a frying pan. Bring to the boil and boil rapidly for 3 minutes, stirring continuously.
2. Add the bananas and simmer gently for 5 minutes, until softened.
3. Sprinkle with the coconut and brown under the grill. Serve with ASDA Soft Scoop ice cream.

CALORIES

Approx. 270 per serving (excluding ice cream)
(based on 4 servings)

HEALTHIER CHOICE

Halve the quantity of brown sugar.
Serve with natural yogurt or low fat
fromage frais

4 portions
for under

£1.50

Use either metric or imperial measures
throughout. Both work well but are not
exactly the same.