



Veal Stew with Peas

For those who like cooking with seasonal ingredients, this meal will be exceptional in spring, accompanied with baby peas.

Ingredients

Number of persons: 4

- 600 g veal round, cubed
- 150 g carrots, cubed
- 50 ml cooking oil
- 1 onion, chopped
- 100 ml white wine
- 1 tablespoon [Vegeta Beef Stock Powder](#)
- 400 ml [water](#)
- 1 tablespoon [parsley, chopped](#)
- 500 g [peas, canned \(or fresh baby peas\)](#)
- 2 teaspoons [corn flour](#)



Preparation time: 1 h i 10 min
Energetic value: 545 kcal / 2278 kJ
Demanding:

Preparation

1. [Cook the veal in hot oil for a few minutes.](#)
2. [Add the onion, carrot and Vegeta Beef Stock Powder. Cover with water and stew on mild heat until the meat softens.](#)
3. [Mix corn flour with about 50 ml of water and add to the stew.](#)
4. [Add wine and peas, continue to cook for a few more minutes.](#)

Serving

[Serve hot with mashed potato.](#)

Tip

[For the preparation of this meal veal blade or brisket can also be used, however the cooking time will be longer. When using veal round, it is quicker.](#)

My notes

