



# Warming Beef & Mushroom Pie

## Method:

- \* Preheat oven to 190 °C. Lightly grease oven proof baking dish with olive oil.
- \* Heat olive oil in a frying pan over medium high heat and sauté onion and garlic until soft.
- \* Add minced beef and cook, stirring until browned.
- \* Add diced veggies, herbs and spices to the beef mixture.
- \* Meanwhile, mix stock with flour. Then gradually add this to the beef and vegetable mixture. Add balsamic vinegar and tomato paste. Add the peas and stir for 2 - 3 minutes.
- \* Spoon mince mixture into baking dish.
- \* For filo, use one sheet of pastry at a time, spray lightly with olive oil, hand scrunch it and place it on top of the meat mixture to cover. Alternately cover pies with a single sheet of puff pastry.
- \* Transfer pie to oven and cook for 20-30 minutes or until top is golden.
- \* Serving suggestion: This pie goes great with mashed or roasted potatoes and a fresh Greek salad.

## Ingredients:

- \* Extra virgin olive oil 1 tbsp
- \* Brown onion, finely diced 1
- \* Garlic, minced 1 tsp
- \* Lean beef mince 600g
- \* Carrot, peeled & diced 1
- \* Zucchini, diced 1
- \* Mushrooms, diced 250g
- \* Thyme, dried Pinch
- \* Oregano, dried 1 tsp
- \* Paprika, ground 1 tsp
- \* Beef stock, salt reduced 1 cup
- \* Wholemeal plain flour 2 tbsp
- \* Tomato paste, salt reduced 3 tbsp
- \* Balsamic vinegar 1 tbsp
- \* Peas, frozen, thawed 1 cup
- \* Filo or puff pastry To cover

For a vegetarian version follow recipe above and replace beef with beans (e.g. cannellini beans, butterbeans, lentils) and replace beef stock with vegetable stock.



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