



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.

