

Beef and Vegetable Pie

ACNAS



Serves: 20

Prep Time: 20 minutes

Cook Time: 60 minutes

Ingredients

- 2 tbsp olive oil
- 3 brown onions, diced
- 2kg lean beef mince
- 2 carrots, grated
- 2 zucchini, grated
- 400g diced pumpkin
- 500g sliced mushrooms
- 400g frozen peas
- ½ cup plain flour
- 750mL beef stock
- 60mL Worcestershire sauce
- 125mL tomato sauce
- 4 sheets frozen puff pastry
- 1 egg

Method

1. Heat oil in a large non-stick frying pan over medium heat. Add onion and sauté for 5 minutes or until softened.
2. Increase heat to medium-high and add mince to pan, cooking for 5 minutes until browned.
3. Add all vegetables and stir to combine.
4. Add flour and cook, stirring for 1 minute.
5. Combine beef stock, Worcestershire sauce and tomato sauce in a jug. Slowly add to pan, stirring constantly. Once liquid is absorbed, set mince aside to cool.
6. Preheat an oven to 200C.
7. Spoon mince into 2 x 4cm deep rectangular lasagne dishes.
8. Place puff pastry sheets over the filling to cover. Trim any excess pastry and make a few small cuts in the pastry.
9. Brush the top of the pie with egg.
10. Bake in oven for 45 minutes or until golden.

Recipe Notes:

For resident who require a texture modified diet, replace the puff pastry with mashed potato to make into a shepherd's pie.

Food Group	Serves provided per portion
Vegetables	1.5
Fruit	0
Grain foods	0
Lean meat and alternatives	1
Milk, yoghurt and cheese	0