LET'S EAT!

BEEF AND ONION PIE

60 minutes

£££



Allergens: celery, gluten, milk, fish, egg

What is it?

A tasty and filling meal with plenty of healthy veggies to give your body some great fuel. If you've never made your own pastry before this will be an amazing and rewarding cooking experience!

MAKE IT FUN!

Once you get the hang of making your own pie crust, the world of pies is your oyster! Try adding fun shapes and decorations to the top of your pie to make it unique!

What you'll need:

	For 2 people	3 people	4 people
Beef stock	1 cube	1 cube	2 cubes
Garlic clove	1	1	1
Tomato puree	50g	75g	100g
Gravy	40g	60g	80g
Flour (pastry)	200g	300g	400g
Beef mince	200g	300g	400g
Onion (diced)	1/2	1	1
Broccoli	1/2	1/2	1
Peas	100g	150g	200g
Butter (pastry)	100g	150g	200g
Butter	40g	60g	80g
Egg	1	1	1
Worchester sauce	1 tsp	1 tsp	2 tsp
Potato	2	3	4

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

To make the pastry, sift the flour into a large bowl and add the butter, rub together to create a breadcrumb texture, add a pinch of salt and slowly add some water a little at a time until you form a dough. Wrap it in some cling film and chill in the fridge for later. Preheat the oven to 200 degrees (gas 6).

Step 2:

Heat some oil in a pan and add the beef mince, stir and brown it for 5 minutes. Add the onions and cook for a few minutes, then stir in the tomato puree, worchester sauce and garlic. Dissolve the beef stock in 75ml water per person then add to the mix and simmer for 20 mins.



Step 3:



When the liquid starts to boil, add half of the gravy granules and stir until dissolved, remove from the heat and allow to cool before transferring it to a pie dish. Remove the pastry from the fridge and roll it out on a lightly floured surface until it is slightly larger than the dish. Gently lift the pastry over the dish and press firmly around the edges to seal it. Trim the excess pastry and pierce the top 2-3 times to allow steam to escape.

Step 4:

Lightly brush the top with the beaten egg and bake for 25-30 minutes. Meanwhile, peel and boil your potatoes. Once boiled drain the water and add the butter, giving it a good mash. Boil the peas and broccoli until cooked then drain . Dissolve the rest of the gravy granules in hot water.



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!