FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

# Steak and mushroom pie



| Serves | Prep Time | Cooking | Total Time | Calories |
|---|---|---|---|---|
| **4 people** | | | | **488 kcal** |

**Stuff that's in it:**

• 30G Lurpack Lighter

• 30G Plain Flour

• 300Ml Skimmed Milk

• 1 Tsp Olive Oil

• Small Handful Parsley (Finely Chopped)

• 1 Celery Stick (Finely Chopped)

• 2 Rump Steaks ((Around 300G Each))

• 20G Dijon Mustard

• 80G Gruyere Cheese (Sliced)

• 1 Small Onion (Diced)

• 4 White Flour Tortillas

• 1 Medium Egg (Whisked)

• 100G Baby Chestnut Mushrooms (Quartered)

• Broccoli (Additional)

**What you do:**

Pre heat your oven to 190c

Start by cooking your steak, 3-4 mins each side, medium heat with a tiny bit of oil rubbed into each one. Heat a separate pan, squirt oil and add the mushrooms, onion and celery and gently cook until golden. Set your steaks aside to rest. Heat a small saucepan and add the butter and melt, then add the flour, mix through then gradually add the milk and bring to boil then simmer until thick, then add the cheese and parsley and mustard and it's ready! Slice up your steaks into cubes and add to the pan with the mush and onions, then pour over the sauce and mix. Add your broccoli on to cook if using.

Take each tortilla , using a pastry brush , brush each half outer edge with egg wash , then add your mixture and fold the tortilla over until it seals around the mixture , using a fork , make grooves around the edge , sealing as you do, then brush with egg wash all over. Once all 4 done, bake in the oven for around 10 mins or until golden.>

**Nutrition**

• Carbs: 37g

• Fat: 24g

• Protein: 31g

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