



FIT FAST
COOK
HOMEMADE IS HEALTHY

5 Veg mince pie



Serves	Prep Time	Cooking	Total Time	Calories
6 people				459 kcal

Stuff that's in it:

- 10G Marmite
- 1 Beef Stock Cube ((600Ml))
- 2 Tsp Worcester Sauce
- 300G Lighter Short Crust Pastry
 - 1Kg 5% Beef Mince
 - 2 Tsp Bisto Gravy Granules
 - 450G White Onion (Diced)
 - 170G Carrot (Diced)
 - 200G Courgette (Diced)
 - 100G Celery (Diced)
 - 100G Chestnut Mushroom (Diced)
 - ½ Medium Egg (Whisked)
 - 1 Tsp Olive Oil

What you do:

Pre heat your oven to 200°c.

In a large deep pan add the oil ,heat and chuck in the onion, mushroom, celery and courgette and carrot,

then gently fry for about 10 minutes until softened. Add the mince, breaking up and brown all over ,add the marmite and Worcester sauce and stir through, then add the stock, bring to the boil and simmer until thick and juicy (around 20 mins) add 2 tsp of bisto at the end and mix to make it a little darker and thicker if you like.

Leave to cool slightly.

Take out a large oblong baking dish and fill it with the mince mixture, levelling it out with the back of a spoon.

I roll the shortcrust pastry and lay over the top of the baking dish, then let it fall all over the pie mix but let some hang over the edges, removing the excess with a knife. Use a pastry brush to spread the egg wash evenly all over the pastry lid, poke a few holes in the top then bake for around 25 minutes or until golden.

Nutrition

- Carbs: 31g
- Fat: 18g
- Protein: 41g

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