

Mini meaty pies



Serves	Prep Time	Cooking	Total Time	Calories
12 people				204 kcal

Stuff that's in it:

- 500G 5% Fat Mince Beef
- 180G Onion (Finely Diced)
- 130G Carrot (Chopped Into Small Squares)
- 50G Celery (Chopped Into Small Pieces)
- 10G Marmite
- 5Ml Worcester Sauce
- 500Ml Beef Stock
- 80G Frozen Peas
- Fry Lite Spray
- 6 Sheets Filo Pastry
- 15G Tomato Purée

What you do:

Pre heat your oven to 180°C.

Heat a large fry pan, add a squirt of oil, Chuck in the carrots, onions and celery and gently fry for 5 mins.

Add the mince beef and cook all over until brown.

Add the marmite and Worcester sauce , then stir through the tomato purée , mix well.

Add the stock, bring to the boil, drop the peas and simmer for 20 minutes until thick.

Take 3 sheets of filo, fold in half, then half again and press on the creases , open out and use a knife to make 4 separate squares with each sheet.

Brush 1 sheet with a few squirts of fry light, then add another sheet on top, this time turning it so it looks like a star when you place it on top of the other and squirt and brush again.

Place a dollop of mince using a table spoon in the centre, then using your fingers gently grab each corner and fold up and around the mince, very gently pressing together , give it a squirt of fry light and pop onto a baking tray, repeat 11 more times, or make 6 large ones. Pop in the oven on a non stick tray for 20 minutes, serve.

Nutrition

- Carbs: 17g
- Fat: 4g
- Protein: 22g

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