

Turkey ball pie



Serves
6 people

Prep Time

Cooking

Total Time

Calories

386 kcal

Stuff that's in it:

- Few Sprigs Of Rosemary (Stalk Removed And Finely Chopped)
- Few Sprigs Of Fresh Thyme (Remove Touch Stalk And Leaves Finely Chopped)
 - 200G 2% Fat Turket Mince Meat
 - 200G Chestnut Mushrooms (Sliced)
 - 5G Dijon Mustard
 - 1 Tsp Worcester Sauce
 - 180G Leek (Sliced And Washed)
 - 2 Garlic Cloves (Crushed)
- 150G 30% Fat Reduced Cheese (Grated)
 - 20G Plain Flour
 - 30G Lighter Lurpak
- 160G White Onion (Chopped)
- 180G Puff Pastry (Ready Rolled Shape Into Rectangle)
 - ½ Large Egg (Whisked)
- 350Ml Warm Slimmed Milk
 - Salt And Pepper

What you do:

Pre heat your oven to 200°C. Add the butter to a medium saucepan, melt then add the flour and create a paste, slowly add the milk, whisking as you go, add the mustard, then bring to the boil and simmer until it thickens slightly, add the cheese and Worcester sauce and simmer for 2 minutes until thick and creamy. Set aside, it will go thicker.

Pop the onion in a mini blender or chop very finely then gently fry in a pan for a few minutes, sweating gently until it goes sweet, add the garlic too and heat gently, set to one side and allow to cool.

Fry the mushroom and leek in a separate pan until soft.

Set to one side.

To make the balls:

Add the mince, rosemary, thyme and onion/garlic mixture to a mixing bowl and add salt and pepper, roll into 24 balls then set aside.

Add them to a large shallow non stick fry pan, squirt with oil and gently brown all over for around 5-7 minutes remove from heat.

In a deep baking dish, add the layer of mushroom/leek, then add the meat balls and pour the cheese sauce all over until all covered, add the piece of puff pastry on the top and baste with egg wash.

Pop into the oven and bake for around 20 minutes until golden.

Serve with veg and potato.

Nutrition

- Carbs: 24g
- Fat: 17g
- Protein: 33g

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