



# Tiger Pie



Serves	Prep Time	Cooking	Total Time	Calories
<b>6 people</b>				<b>575 kcal</b>

### Stuff that's in it:

- 1.2Kg Lean Diced Beef (Visible Fat Removed)
  - 1 Tbsp Olive Oil
  - 1 Egg (Small)
- 800ml Beef Stock (I Use Knorr Rich Stock Cube)
  - 10g Marmite
  - 1 Tbsp Blackcurrant Jam
  - 100g Swede (Diced)
- 150g Baby Chestnut Mushrooms (Sliced)
  - 100g Parsnip (Peeled, Chopped)
- 320g Shortcrust Pastry (Ready To Roll)
  - 2 Garlic Clove (Finely Chopped)
  - 1 Brown Onion (Peeled, Chopped)
  - 100g Carrot (Peeled, Chopped)
- 10g Fresh Rosemary (Finely Chopped)
  - Pinch Cracked Black Pepper
  - 
  -

## **What you do:**

(After your meat has casseroleed

Pre heat your oven to 200c)

Add your oil to a large deep casserole pan and gently cook the onion and whole mushrooms for 2 minutes , then add the garlic and rosemary , fry for a minute then add the beef cubes and brown all over for around 5 minutes. Add all the chopped vegetables, cook for a minute or 2 and mix up well, then add the stock , then stir in the marmite and jam and add a Little black pepper!

Bring to the boil, then reduce on a low heat for 2-2 1/2 hours , until the meat is very tender , stir now and again. Lid partially on

It should be thick but you could always add a touch of flour/cornflour to make it thicker before you add the pastry!

Once ready for the oven

Transfer all the meat and veg to an oven baking pie dish. Roll out the pastry and stretch it over the meat until it rips slightly , if you stretch it on the left then over the right with both hands it should tear a line quite easily, you only need a couple to get the effect , seal the edges by pressing some gently with finger and thumb , then brush over the egg wash over the entire lid.

Pop into the oven for around 20-25 minutes until golden!

## **Nutrition**

- Carbs: 30g
- Protein: 48g
- Saturated Fat: 12g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

[www.fitfastcook.com](http://www.fitfastcook.com)