

Steak Pie

Ingredients

- 1 medium onion
- 4 cloves garlic
- ½ stalk celery
- 1 medium carrot
- 200g mushrooms
- 1 tbsp flour
- 75 ml red wine (optional)
- 125 ml beef stock
- 8 sheets filo pastry / 1 pack of ready made puff pastry
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp turmeric
- ¼ tsp cayenne pepper
- 1 cinnamon stick
- 1 large tomato
- 300 g sirloin steak (trimmed) or stewing steak

Method

- Finely chop the onion, garlic, celery, carrot and mushrooms. Fry slowly until soft and golden brown.
- Add the cumin, coriander, turmeric, cinnamon, and cayenne pepper. Fry the spices with the vegetable for 2 minutes. Meanwhile, finely chop the tomatoes and add to the veg and cook for another 10 minutes.
- Fry the floured dices steak / stewing steak until browned. Cover with red wine and allow to reduce for 3 minutes.
- Add the vegetable, beef stock and turn down the heat to a simmer for 2 hours.
- After simmering remove the cinnamon stick.
- Preheat oven to 190 degrees. Construct the pie by laying pastry in a deep dish, add filling. Egg wash the edges of the pastry and cover with lid.
- Cook for 45 minutes at 190 degree, and serve with veg

Per Serving:

Calories 472 kcal | Fat 15 g (sat fat 2g) | Protein 28 g | Carbohydrate 14 g