



CHUNKY BEEF AND VEGETABLE PIE WITH SMOKEY TOMATO SAUCE

Courtesy of: Bryce Anderson



Method:

1. Add EVOO, diced onion and crushed garlic to a large saucepan and cook until onions are clear.
2. Add diced meat and brown.
3. Add diced carrots, diced capsicum, peas, tomato paste, Worcestershire sauce, beef stock, all spice and pepper to saucepan. Mix together, bring to boil and simmer for 45min without the lid. Stir occasionally. (While pie filling is cooking prepare sauce)
4. Pre-heat oven to 180 degrees
5. Line the bottom of either a large greased pie tin or 6 small greased pie tins with the shortcrust pastry. Thicken pie filling with some cornflour and pour into pie tin/s. Cover with puff pastry. Glaze with milk. Cook in oven for 35 min or until brown on top.

Sauce method:

1. In a medium sized saucepan, mix together all sauce, bring to the boil and simmer for 45 min without the lid
2. Stir occasionally and blend until smooth or slightly chunky. Serve warm and enjoy!

Ingredients:

- 1 tbsp extra virgin olive oil (EVOO)
- 700g lean beef (diced)
- 1/2 onion (diced)
- 2 cloves garlic crushed
- 1 large carrot (diced)
- 3/4 red capsicum (diced)
- 1/2 cup peas
- 2 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 2 cups beef stock
- 1/4 tsp all spice
- Ground Pepper
- Cornflour
- 6 shortcrust pastry sheets
- 6 puff pastry sheets
- Butter for greasing tin/s
- Milk for glazing pie

SAUCE:

- 1 400g tin of crushed tomatoes
- 1/2 onion (diced)
- 1/4 red capsicum (diced)
- 40ml cider vinegar
- 1/2 tbsp rice syrup
- 1/2 tsp all spice
- 1/2 tsp cinnamon
- 1/2 tsp smoked paprika
- 1/8 tsp ground cloves

Nutrition Information

Makes 6 pies.

Nutrient	Per serve
Energy	3995 kJ
Protein	39.7 g
Fat	48 g
Saturated Fat	19.5 g
Carbohydrate	86 g
Fibre	10.6 g