

Difficulty:  
Medium



Time:  
60 minutes



# Beef and onion pie

with mash, peas and broccoli



**Allergens: celery, gluten, milk, fish, egg**

## What is it?

A tasty and filling meal with plenty of healthy veggies to give your body some great fuel. If you've never made your own pastry before, this will be an amazing and rewarding cooking experience!

**AVERAGE COST  
PER PERSON**

**£1.32**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Beef stock	1 tsp	1 tsp	2 tsp
Garlic clove	1	1	1
Tomato puree	50g	75g	100g
Gravy	40g	60g	80g
Flour (pastry)	200g	300g	400g
Beef mince	200g	300g	400g
Onion (diced)	1/2	1	1
Broccoli	1/2	1/2	1
Peas	100g	150g	200g
Butter	100g	150g	200g
Butter (pastry)	40g	60g	80g
Egg	1	1	1
Worcester sauce	1 tsp	1 tsp	2 tsp
Potato	2	3	4

## Kit list:

- Saucepan
- Frying pan
- Oven dish
- Rolling pin

## Make it your own!

Once you get the hang of making your own pie crust, the world of pies is your oyster! Try different fillings like chicken and mushroom, ham and leek, or a vegetable medley!

**Celebrate Family  
Food**

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# What to do:

**Step 1:** Make the pastry. Sift the flour into a large bowl and add the cubed butter. Rub it into the flour with your fingers (make sure to wash your hands first!) until the mixture looks and feels like breadcrumbs. Stir in a pinch of salt and 2 tablespoons of water, then mix everything into a firm dough. Knead the dough (like you did with the flatbread recipe) and form it into a ball. Wrap it in cling film and put it in the fridge for later while you make the pie filling.



**Step 2:** Preheat the oven to 200 degrees (gas mark 6). Heat some oil in a frying pan and add the beef mince, browning it for 5 minutes and breaking up any large chunks.

**Step 3:** Add the onions and cook for a few minutes, then stir in the tomato puree. Keep stirring, adding a splash of Worcester sauce and the crushed garlic. Then add the beef stock as well as 75ml of water (per person). Simmer the pan for 20 minutes, letting the meat absorb the flavours and juices.



**Step 4:** When the liquid starts to boil, add half of the gravy granules and stir until dissolved. Then take the pan off the heat and set aside to cool, before transferring it to a pie dish.

**Step 5:** Retrieve your pastry from the fridge and roll it out onto a floured surface until it is slightly larger than the pie dish. Gently lift the pastry over the dish and press firmly around the edges to seal it. Trim the excess pastry from around the dish, and make 2 or 3 small slits in the top (this lets the steam out during cooking). Lightly brush the beaten egg over the pastry and bake.



**Step 6:** Meanwhile, peel and boil your potatoes. Once boiled, drain the water and add the butter, giving it a good mash. Boil the peas and broccoli in a saucepan with water until cooked.

**Serve:** Dissolve the rest of your gravy granules in hot water. Once the pie is cooked (pastry should be cooked through), dish it up with a hearty spoonful of mash and drained vegetables. Drizzle the gravy on top and enjoy your delicious homemade pie!

What did you think of this recipe? Colour in the stars to give it a rating!

