



Beef pie with crisp potato crust

READY IN



160 min.

SERVINGS



4

CALORIES



473 kcal

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 500 g fat-trimmed beef flank steak cut into chunks
- ☐ 1 onion roughly chopped
- ☐ 250 g oyster mushrooms sliced
- ☐ 1 tbsp tomato paste
- ☐ 1 tbsp flour
- ☐ 100 ml red wine
- ☐ 200 ml beef stock hot
- ☐ 350 g potatoes peeled
- ☐ 25 g butter chopped

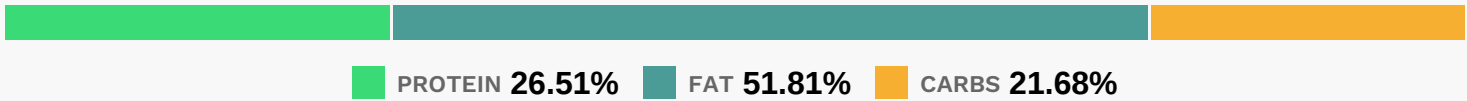
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oil in a non-stick pan over a high heat.
- ☐ Add beef and cook for 10 mins until browned all over, then remove from pan. Cook onion for 7 mins until softened. Stir through mushrooms, then cook for 3 mins more until golden. Stir in tomato paste and flour and cook for 1 min more.
- ☐ Pour in wine and beef stock, bring to a simmer.
- ☐ Add beef back to pan. Cook, uncovered, over a gentle heat for around 2 hrs until meat is really tender, topping up with water if needed.
- ☐ Pour mixture into a 2 litre baking dish.
- ☐ Heat oven to 190C/fan 170C/gas 5 and bring a pan of lightly salted water to the boil. Cook the potatoes for 10 mins until beginning to soften. Cool under a running tap, then coarsely grate.
- ☐ Sprinkle over the beef and dot with butter. Pop in the oven and cook for 30 mins until the crust is nice and crispy.

Nutrition Facts



Properties

Glycemic Index:73.94, Glycemic Load:13.16, Inflammation Score:-6, Nutrition Score:22.733043411504%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Hesperetin: 0.16mg,

Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 473.01kcal (23.65%), Fat: 26.69g (41.06%), Saturated Fat: 11.66g (72.85%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 21.08g (7.66%), Sugar: 3.47g (3.85%), Cholesterol: 89.69mg (29.9%), Sodium: 255.94mg (11.13%), Alcohol: 2.69g (100%), Alcohol %: 0.86% (100%), Protein: 30.73g (61.45%), Vitamin B3: 10.91mg (54.54%), Zinc: 7.36mg (49.07%), Selenium: 34.09µg (48.71%), Vitamin B6: 0.91mg (45.53%), Vitamin B2: 0.62mg (36.7%), Vitamin B12: 2.09µg (34.76%), Phosphorus: 341.25mg (34.13%), Potassium: 1176.17mg (33.6%), Vitamin C: 20.15mg (24.42%), Iron: 4.2mg (23.35%), Vitamin B1: 0.31mg (20.41%), Copper: 0.4mg (20.03%), Magnesium: 69.19mg (17.3%), Fiber: 4.04g (16.18%), Manganese: 0.3mg (14.92%), Folate: 52.09µg (13.02%), Vitamin B5: 1.13mg (11.3%), Vitamin K: 6.81µg (6.48%), Vitamin E: 0.84mg (5.61%), Vitamin A: 268.74IU (5.37%), Vitamin D: 0.56µg (3.75%), Calcium: 36.79mg (3.68%)