



Minced beef pie & minty mushy peas

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



901 kcal

Ingredients

- 1 onion chopped
- 350 g carrots chopped
- 3 celery stalks chopped
- 1 tbsp olive oil
- 500 g pack beef lean minced
- 2 tbsp tomato purée
- 1 tbsp worcestershire sauce
- 350 ml beef stock
- 1 eggs lightly beaten

- 350 g pea frozen
- 1 tbsp mint sauce
- 375 g left whole quartered

Equipment

- frying pan
- oven

Directions

- Fry the onion, carrots and celery in the oil in a large frying pan until softened.
- Add the mince, increase heat and cook for 5 mins or until well browned. Stir in the tomato pure, Worcestershire sauce and stock. Simmer for 5 mins until the sauce has thickened slightly. Cool for 10 mins.
- Heat oven to 200C/180C fan/gas
- Spoon the mixture into 4 individual pie dishes or one large dish.
- Brush the dish rims with egg, then lay the pastry on top and trim. Seal edges with a fork and brush the pastry with more egg. Poke a little hole in the top and cook for 25–30 mins or until the pastry is golden and risen.
- Meanwhile, cook the peas in boiling water, then drain and mash with the mint sauce.
- Serve the pies with the hot peas on the side.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:31.36, Inflammation Score:-10, Nutrition Score:40.272174493126%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg,

Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 901.41kcal (45.07%), Fat: 47.32g (72.8%), Saturated Fat: 12.88g (80.48%), Carbohydrates: 74.22g (24.74%), Net Carbohydrates: 63.98g (23.27%), Sugar: 10.27g (11.41%), Cholesterol: 118.42mg (39.47%), Sodium: 632.37mg (27.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.79g (89.58%), Vitamin A: 14766.38IU (295.33%), Selenium: 51.38µg (73.4%), Folate: 292.93µg (73.23%), Vitamin B3: 13.05mg (65.23%), Zinc: 8.58mg (57.22%), Manganese: 1.07mg (53.53%), Phosphorus: 534.91mg (53.49%), Iron: 8.74mg (48.54%), Vitamin B12: 2.9µg (48.3%), Vitamin B1: 0.71mg (47.41%), Vitamin B2: 0.72mg (42.27%), Vitamin B6: 0.83mg (41.56%), Fiber: 10.24g (40.97%), Potassium: 1311.71mg (37.48%), Vitamin K: 32.04µg (30.51%), Copper: 0.57mg (28.69%), Magnesium: 112.7mg (28.18%), Vitamin E: 2.48mg (16.54%), Vitamin B5: 1.65mg (16.47%), Vitamin C: 9.17mg (11.11%), Calcium: 98.28mg (9.83%), Vitamin D: 0.34µg (2.3%)