



Minced beef Wellington

READY IN



100 min.

SERVINGS



8

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg ground beef minced
- ☐ 100 g catsup
- ☐ 4 eggs
- ☐ 3 onion finely chopped
- ☐ 3 garlic clove finely chopped
- ☐ 1 small handful sage chopped
- ☐ 1 handful parsley chopped
- ☐ 25 g butter
- ☐ 200 g mushrooms finely chopped

☐ 500 g puff pastry

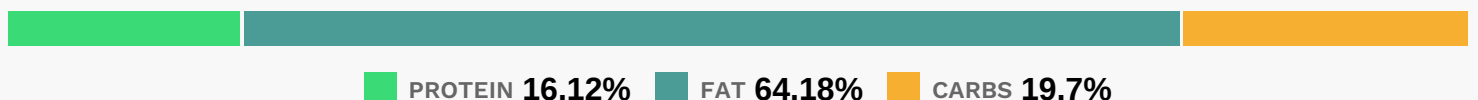
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Mix the beef with the ketchup, 3 eggs, seasoning and 100ml water in a table-top mixer for 5 mins or squeeze and squelch with your hands in a bowl.
- ☐ Mix in the onions, half the garlic and herbs.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Press the meat into a sausage shape about 30cm x 10cm on a baking tray. Cook for 20 mins then remove and leave to cool.
- ☐ Heat the butter in a frying pan over a high heat, add the mushrooms and cook for 3 mins.
- ☐ Add remaining garlic and cook for a further 2 mins, pouring off the excess water from the mushrooms.
- ☐ Roll pastry into a rectangle large enough to wrap up the beef. Beat remaining egg with a little water and brush over pastry.
- ☐ Spread the mushroom mix into a meatloaf-size strip along the middle of the pastry. Sit the meat on top then cut pastry either side into strips from the meat outwards. Criss-cross these over the meat to enclose and tuck under ends.
- ☐ Brush with more egg, then place on a tray and cook for 40 mins, covering after 30 mins if going too brown.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:16.4, Inflammation Score:-5, Nutrition Score:25.774347844331%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 754.07kcal (37.7%), Fat: 53.65g (82.54%), Saturated Fat: 17.98g (112.39%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 35g (12.73%), Sugar: 5.47g (6.08%), Cholesterol: 177.31mg (59.1%), Sodium: 407.52mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.64%), Copper: 4.12mg (205.87%), Selenium: 43.44µg (62.06%), Vitamin B12: 2.89µg (48.1%), Vitamin B3: 9.05mg (45.25%), Zinc: 6.11mg (40.71%), Vitamin B2: 0.6mg (35.24%), Phosphorus: 318.5mg (31.85%), Vitamin B6: 0.56mg (28.2%), Manganese: 0.55mg (27.34%), Iron: 4.86mg (26.99%), Vitamin B1: 0.36mg (23.9%), Folate: 81.94µg (20.49%), Vitamin K: 21.36µg (20.34%), Potassium: 594.27mg (16.98%), Vitamin B5: 1.41mg (14.08%), Magnesium: 44.64mg (11.16%), Vitamin E: 1.35mg (9.01%), Fiber: 2.06g (8.23%), Calcium: 64.97mg (6.5%), Vitamin C: 5.11mg (6.19%), Vitamin A: 304.69IU (6.09%), Vitamin D: 0.62µg (4.1%)