



Mini chilli beef pies

READY IN



85 min.

SERVINGS



24

CALORIES



118 kcal

Ingredients

- ☐ 450 g pack ready-rolled shortcrust pastry
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 small onion chopped
- ☐ 2 tsp chilli powder hot
- ☐ 2 tsp ground cumin
- ☐ 250 g pack beef minced
- ☐ 85 g tomato purée
- ☐ 150 ml beef stock
- ☐ 1 large pinch ground cinnamon
- ☐ 200 g kidney bean drained and rinsed

- ☐ 1 large potatoes peeled cut into chunks (250g 9oz)
- ☐ 3 tbsp soured cream
- ☐ 2 tbsp chive chopped

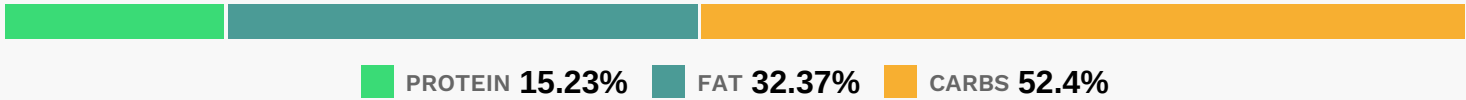
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pastry cutter
- ☐ mini muffin tray

Directions

- ☐ To make chilli, heat oil in a pan and fry onion for 5 mins until soft.
- ☐ Add spices; fry for 1 min. Stir in beef and cook for a few mins.
- ☐ Add tomato pure, stock and cinnamon. Give it a stir, bring to the boil, then simmer for 15–20 mins until very little liquid is left.
- ☐ Add beans 5 mins before the end of cooking. Check seasoning and cool.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Using a 7cm pastry cutter, stamp out 12 circles from the pastry. Use to line a 12-hole mini muffin tray, prick the base of the pastry with a fork, and bake for 10 mins.
- ☐ Remove from oven and cool on a wire tray. Repeat with remaining pastry.
- ☐ Meanwhile, cook the potato in boiling water until tender.
- ☐ Drain, mash with soured cream and seasoning, then stir through chives. Spoon 1–2 tsp of chilli mix into the pastry cases and top with a tsp of mash. Ruffle mash with a fork; return to the oven for 15 mins or until golden.

Nutrition Facts



Properties

Glycemic Index:9.79, Glycemic Load:6.05, Inflammation Score:-2, Nutrition Score:4.8582608884443%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 117.76kcal (5.89%), Fat: 4.23g (6.5%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 13.85g (5.04%), Sugar: 0.59g (0.65%), Cholesterol: 8.28mg (2.76%), Sodium: 116.74mg (5.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin B1: 0.14mg (9.2%), Selenium: 6.31µg (9.01%), Manganese: 0.18mg (8.76%), Folate: 32.03µg (8.01%), Iron: 1.41mg (7.84%), Vitamin B3: 1.56mg (7.81%), Fiber: 1.53g (6.14%), Vitamin B2: 0.1mg (6.12%), Phosphorus: 58.14mg (5.81%), Vitamin B6: 0.11mg (5.62%), Potassium: 181.87mg (5.2%), Zinc: 0.71mg (4.76%), Vitamin C: 3.89mg (4.72%), Copper: 0.08mg (4.05%), Vitamin B12: 0.23µg (3.77%), Magnesium: 14.62mg (3.66%), Vitamin E: 0.47mg (3.13%), Vitamin K: 2.62µg (2.5%), Vitamin A: 107.51IU (2.15%), Vitamin B5: 0.2mg (2%), Calcium: 14.05mg (1.41%)