



## Steak, Potato, and Leek Pies

READY IN



45 min.

SERVINGS



8

CALORIES



511 kcal

### Ingredients

- ☐ 12 ounce beef tenderloin steaks (each )
- ☐ 3 tablespoons butter divided
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 eggs beaten to blend (for glaze)
- ☐ 2 large spring onion chopped
- ☐ 1.5 cups leek white green chopped ( and pale parts only; 2 medium)
- ☐ 4 pie crust dough refrigerated room temperature (two 15-ounce packages)
- ☐ 1 tablespoon steak sauce

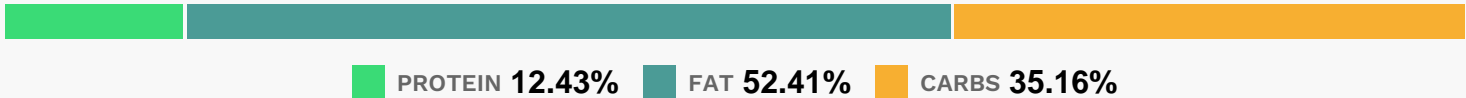
### Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Melt 1 tablespoon butter in medium skillet over medium-high heat.
- ☐ Sprinkle steaks with salt and pepper.
- ☐ Add steaks to skillet and cook until medium-rare, about 4 minutes per side.
- ☐ Transfer steaks to plate.
- ☐ Cut steaks into 1/2-inch cubes.
- ☐ Melt remaining 2 tablespoons butter in same skillet.
- ☐ Add potatoes, leeks, and dry mustard. Stir 1 minute. Reduce heat to medium, cover, and cook until potatoes are tender, stirring occasionally, about 8 minutes. Return beef and any accumulated juices to skillet.
- ☐ Add steak sauce and sauté 2 minutes.
- ☐ Remove skillet from heat.
- ☐ Mix in green onions. Season filling to taste with salt and pepper. Cool completely.
- ☐ Preheat oven to 400°F. Unfold crusts on work surface.
- ☐ Cut each crust into 2 pieces along center fold.
- ☐ Brush dough with egg.
- ☐ Place 1/2 cup filling on half of each piece. Fold plain dough over filling; seal edges.
- ☐ Brush pies with more egg; arrange on 2 baking sheets.
- ☐ Bake pies 15 minutes. Reverse sheets.
- ☐ Bake until crust is golden and filling is heated through, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:13.078695774078%

Flavonoids

Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 511.49kcal (25.57%), Fat: 29.57g (45.5%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 44.65g (14.88%), Net Carbohydrates: 42.01g (15.28%), Sugar: 1.01g (1.13%), Cholesterol: 58.96mg (19.65%), Sodium: 447.9mg (19.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.55%), Selenium: 20.04µg (28.62%), Vitamin K: 27.93µg (26.6%), Vitamin B3: 5.15mg (25.74%), Manganese: 0.48mg (23.93%), Folate: 82.8µg (20.7%), Iron: 3.47mg (19.27%), Vitamin B1: 0.28mg (18.85%), Vitamin B6: 0.36mg (18.08%), Phosphorus: 172.03mg (17.2%), Zinc: 2.2mg (14.7%), Vitamin B2: 0.23mg (13.7%), Fiber: 2.63g (10.52%), Vitamin A: 507.81IU (10.16%), Potassium: 295.9mg (8.45%), Vitamin B12: 0.45µg (7.56%), Magnesium: 30mg (7.5%), Vitamin B5: 0.74mg (7.39%), Copper: 0.13mg (6.48%), Vitamin E: 0.92mg (6.12%), Calcium: 44.88mg (4.49%), Vitamin C: 3.31mg (4.02%)