



## The ultimate makeover: Steak & kidney pie

READY IN



165 min.

SERVINGS



6

CALORIES



533 kcal

### Ingredients

- ☐ 200 g lamb loins halved
- ☐ 1 tbsp canola oil
- ☐ 2 medium onion chopped
- ☐ 2 bay leaves
- ☐ 4 thyme sprigs
- ☐ 600 g fat-trimmed beef flank steak lean cut into chunks
- ☐ 100 ml red wine
- ☐ 2 tsp tomato purée
- ☐ 1 tsp dijon mustard english
- ☐ 2 tbsp flour plain

- ☐ 1 large carrots chopped
- ☐ 3 tbsp parsley chopped
- ☐ 140 g flour plain for dusting
- ☐ 1 tsp thyme leaves
- ☐ 25 g butter frozen very cold (or )
- ☐ 4 tbsp greek yogurt 2%
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 4 small mushrooms halved quartered

## Equipment

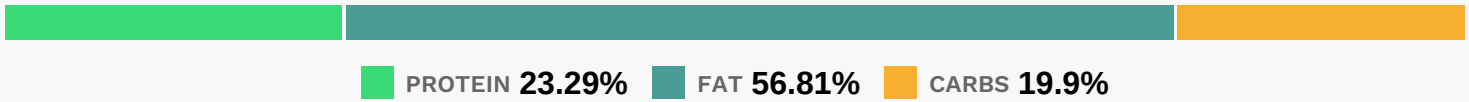
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ kitchen scissors
- ☐ pie form

## Directions

- ☐ Cut out and discard the thin tubes from the kidneys. Rinse the kidneys in cold water until the water runs clear, then chop them into small pieces.
- ☐ Heat the oil in a large saucepan or deep saut pan.
- ☐ Add the onions, bay and thyme sprigs and fry over a medium heat for 8-10 mins until the onions are really golden, stirring often.
- ☐ Put the kettle on.
- ☐ Add the steak and kidney to the pan and stir-fry briefly, just until it loses its pink colour. Turn up the heat, pour in the wine, stir to deglaze the bottom of the pan, then let it boil over a high heat for 2-3 mins until reduced and absorbed into the meat. Stir in the tomato pure and mustard powder. Sift in the flour, stirring, then stir for a couple of mins.

- ☐ Pour in 400ml boiling water and continue stirring until the mixture starts to boil and is thickened. Tip in the carrot and both mushrooms, reduce the heat, cover with a lid, then leave to simmer gently for about 1 hr, stirring occasionally.
- ☐ Remove the lid and simmer another 25–30 mins or until the meat is very tender and the gravy has thickened slightly.
- ☐ Remove from the heat and remove the bay leaves and thyme sprigs. Stir in the parsley, season to taste, then transfer to a pie or ovenproof dish (22–23cm in diameter, 6cm deep, 1.7-litre capacity or similar), then leave to cool slightly.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ While the meat is cooling, make the pastry.
- ☐ Put the flour, and thyme if using, into a bowl. Grate in the cold or frozen butter, make a well in the centre, then add the yogurt, olive oil, a pinch of salt and a good grinding of black pepper. Using a round-bladed knife, mix together with 2 tsp cold water, then gently gather together with your hands to form a dough.
- ☐ Remove from the bowl and knead briefly until smooth.
- ☐ Roll out the pastry on a lightly floured surface so its slightly bigger than the top of the pie dish.
- ☐ Lay the pastry over the meat and trim the edges with scissors so it slightly overhangs the edge of the dish. Make 2 small slits in the centre. Flute the edges, then roll out the trimmings and cut out 6 diamond-shaped leaves. Dampen one side and lay them on the pastry lid.
- ☐ Place the dish on a baking sheet, then bake in the oven for about 25 mins or until the pastry is golden.

## Nutrition Facts



## Properties

Glycemic Index:73.81, Glycemic Load:15.57, Inflammation Score:-10, Nutrition Score:22.320869653121%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Malvidin: 2.34mg, Malvidin: 2.34mg, Malvidin: 2.34mg, Malvidin: 2.34mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Hesperetin: 0.11mg,  
Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin:  
0.3mg, Naringenin: 0.3mg Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg Luteolin: 0.42mg,  
Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin:  
1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg  
Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 7.7mg, Quercetin: 7.7mg,  
Quercetin: 7.7mg, Quercetin: 7.7mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,  
Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 533.04kcal (26.65%), Fat: 32.83g (50.52%), Saturated Fat: 12.73g (79.57%), Carbohydrates: 25.88g  
(8.63%), Net Carbohydrates: 23.95g (8.71%), Sugar: 2.95g (3.28%), Cholesterol: 94.79mg (31.6%), Sodium: 185.77mg  
(8.08%), Alcohol: 1.79g (100%), Alcohol %: 0.88% (100%), Protein: 30.29g (60.58%), Selenium: 41.32µg (59.02%),  
Vitamin A: 2332.24IU (46.64%), Vitamin B3: 8.93mg (44.65%), Zinc: 6.69mg (44.63%), Vitamin B12: 2.51µg (41.83%),  
Vitamin K: 40.55µg (38.62%), Vitamin B2: 0.52mg (30.7%), Vitamin B6: 0.54mg (27.21%), Phosphorus: 265.81mg  
(26.58%), Vitamin B1: 0.36mg (24.22%), Iron: 3.99mg (22.16%), Folate: 71.1µg (17.78%), Potassium: 540.82mg  
(15.45%), Manganese: 0.3mg (14.75%), Magnesium: 45.18mg (11.29%), Copper: 0.2mg (10.23%), Vitamin E: 1.39mg  
(9.25%), Vitamin C: 7.53mg (9.12%), Fiber: 1.93g (7.73%), Vitamin B5: 0.57mg (5.67%), Calcium: 48.68mg (4.87%)