

AUSTRALIAN BEEF PIE

A classic beef recipe packed with energy and essence. A perfect dish to enjoy with your loved ones for dinner!

Course: Main Meal

Prep Time: 0 hours 35 minutes

Cooking Time: 0 hours 25 minutes

Rest Time: 0 hours 00 minutes

Total: 01 hours 00 minutes

Servings: 4



INGREDIENTS:



Garlic cloves
2, chopped



Carrots
2, dices



Brown onion
1, diced



Beef stock
500 ml



Beef
2 sticks, minced



Warm milk
1/2 cup



Celery sticks
2 sticks, diced



Butter
37g



Potatoes
1 kg, diced



Plain flour
1 tbsp



Tomato sauce
2 1/2 tbsp

AUSTRALIAN BEEF PIE

METHOD:

Step 1

Cooking the Potatoes

Add the potatoes to boiling and salted water in a large saucepan. Cover with a lid, then boil till soft and tender. Strain the water, then mash using a potato ricer or masher. Add salt and pepper to your preference then top with ½ butter and milk.

Step 2

Preparing the Beef

Add some oil to a frying pan, then fry the beef until brown. Transfer the beef to a plate.

Step 3

Vegetables

Add oil to the pan, then sauté the onion until they become golden brown. Toss in the garlic, carrots, and celery and cook until tender. Next, add tomato paste along with the flour. Now slowly add the stock. Let the mixture simmer for 3 to 6 minutes before adding the meat back in. Cook until the mixture is thick and vegetables tender then season to taste.

Step 4

Baking and Serving

On the beef filling, top with the mashed potatoes, then spread the butter at the top. For 5-8 minutes, bake to achieve a brown and crispy crown. Let it rest for 6 minutes before serving.

NUTRITIONAL INFORMATION:

Calories	500
Fat	21 g
Protein	37.1 g
Carbs	38 g
Fiber	7 g