



Pasty

Ingredients

500g shortcrust ready roll pastry

1 onion, chopped

2 garlic cloves, crushed

250g minced beef

1 medium potato, cubed

1 medium carrot, cubed

75g frozen peas

1 egg, beaten

1 tsp olive oil

Salt and pepper

Equipment

Fork

Small plate

Frying pan

Greaseproof paper

Method

1. Preheat the oven to 180°C.
2. Roll the pastry out and cut four large circles by tracing around a small plate (about 25cm diameter).
3. Heat the oil in a frying pan and cook the onion and garlic for five minutes.
4. Add the mince and cook until browned.
5. Place the pastry circles on greaseproof baking paper and place a quarter of the mince, potato and carrot in the middle of each circle. Add salt and pepper.
6. Fold the circle in half, sealing the edge with the egg and pressing down with the side of a fork.
7. Glaze with the beaten egg and bake in the oven for 40-50 minutes.

Other Options

Vegetarian

Leave out the meat and add swede and cabbage to the potato and carrot mixture.

Short on time?

Use tortillas or wraps instead of pastry. Cook the vegetables with the mince and onion. Place the pasties in the oven for ten minutes.

Like it spicy?

Add 1 tsp cumin or chilli powder for extra flavour.