

# BEEF STRUDEL

## WITH MUSHROOMS, PINE NUTS & SPINACH



### QUICK

15  
minutes

### HEALTHY

Cooking spinach increases its health benefits (and there are LOADS) as the body can't break down all the nutrients in raw spinach.

### FAMILY



### MEALS

Serve with steamed green vegetables

## INGREDIENTS

- 1 small onion
- 1 pack mince approx. 500g
- 2 large handfuls spinach
- 35g pine nuts
- ½ tsp ground cumin
- ½ tsp ground coriander
- 75 g mushrooms
- 1 garlic clove
- Salt and pepper
- 1 pack ready to roll puff pastry
- 1 egg beaten
- Flour
- 2 tsp sesame

## METHOD

- 1) Put the oven on to 180°C
- 2) Dry fry the pine nuts in a large frying pan – keep your eyes on them because they burn easily
- 3) Whilst they're toasting, dice your onion
- 4) Heat 1 tbs oil in the frying pan and add the cumin and coriander, cook whilst you....
- 5) Roughly chop your mushrooms
- 6) Add the onions to the spices
- 7) Add the mince and bash with your spatula to break up the pieces
- 8) Add the mushrooms and minced garlic
- 9) Stir and cook till the meat is brown
- 10) Taste – add 1tsp salt and 8 grinds of pepper
- 11) Stir in the spinach and the pine nuts and cook till the spinach has wilted
- 12) Ideally leave to cool if you can
- 13) Flour your surface, roll out your pastry. Fill with the meat, roughly in the middle but leaving space at the edges
- 14) Fold up the bottom of the pastry, egg the top and sides
- 15) Fold in the sides and roll over to make a closed parcel
- 16) Brush with egg then sprinkle with sesame seeds
- 17) Cook in the oven for 25-30 mins at 180°C



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)