

BEEF & MUSHROOM PIE

recipe based on one by Joe Wicks "The Body Coach"



QUICK

15 mins prep time
but 1.5 hrs
simmering time + 20
mins cooking time

HEALTHY

Mushrooms contain high
amounts of copper, which is
needed to produce blood cells
and maintain heart health.

FAMILY



MEALS

Delicious served with
steamed veg and rice

INGREDIENTS

- 1.25 kg cubed braising steak
- 200g mushrooms
- 1 large onion
- 3 carrots
- 2 celery sticks
- 2 sprigs thyme or
2 tsp dried thyme
- 2 bay leaves
- 3 tbs Worcester sauce or soy
sauce
- 400ml beef stock
- 1 tbs tomato puree
- 2 tbs cornflour
- 4 sheets filo pastry
- 2 x 1 tbs oil for frying
- Drizzle of oil
- S & P

METHOD

- 1) Preheat the oven to 180°C (Fan oven)
- 2) Heat 1 tbs oil in a large frying pan
- 3) When hot, add beef and brown for as long as it takes you to
prep the veg
- 4) Dice the onion, carrot and celery
- 5) Roughly chop the mushrooms
- 6) Remove meat, add another tbs oil and sauté veg for 5 mins
- 7) Add thyme and bay leaves and sauté whilst you make the
stock
- 8) Put the meat (and any juice) back in
- 9) Add tomato puree, Worcester sauce & stock... stir and bring
to the boil
- 10) Cover and simmer for 1½ hours or until the meat is tender.
Your kitchen will smell amazing.
- 11) Mix 2 tbs cornflour with 2 tbs cold water and add to the
simmering meat till it thickens.
- 12) Transfer to an ovenproof dish
- 13) Scrunch up 4 sheets of filo pastry & layer it over the meat
- 14) Drizzle with oil and cook for 15-20 mins



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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