



# Mince & pea pies

**L** Prep: 20 mins      **X** Serves 4  
 Cook: 55 mins  
 Plus cooling

Make these meat pies in individual portions and freeze them so you can pull one out when you're short on time.

**Nutrition: Per serving**

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
716	40g	14g	48g	10g	9g	37g	1.7g

## Ingredients

- 500g [lean minced beef](#)
- 1 tbsp [olive oil](#)
- 1 [onion](#) , finely chopped
- 2 [large carrots](#) (about 200g), finely chopped
- 2 [celery sticks](#) (about 200g), finely chopped
- 1 tbsp tomato purée
- 1 beef stock cube
- 200g [frozen peas](#)
- 1 [egg](#) , lightly beaten
- 375g ready-rolled shortcrust pastry
- [Tenderstem broccoli](#) or other greens, to serve

## Method

- STEP 1**  
 Fry the mince in a little oil over a high heat, stirring to break up any lumps, until it's well browned all over. Transfer the mince to a plate, then fry the onion, carrots and celery in the rest of the oil over a low heat until softened. Stir in the tomato purée and crumble in the stock cube, then return the mince to the pan and give everything a good stir. Fry for a minute, then add 300ml water. Cover with a lid and simmer for 20 mins, then remove the lid and simmer until the sauce has thickened slightly. Stir in the peas, then turn off the heat and leave to cool for 10 mins
- STEP 3**  
 Poke a little hole in the top, decorate with any offcuts if you like (brushed with a little egg), then cook for 25-30 mins or until the pastry is golden and risen. Cool for 5-10 minutes before serving.

- STEP 2**  
 Heat oven to 200C/180C fan/gas 6. Divide the mince mixture between four individual pie dishes (or use one large dish). Brush the dish rims with egg. Unroll the pastry and cut it into four pieces for the individual pies – roll the pieces out a little more to fit the pie dishes if you need to. Top each pie with some pastry, press down against the rim and trim any excess. Seal the edges with a fork, or crimp if you like, then brush the pastry with egg.


TBAT Questions	
Identify the pasty used?	
Describe why we use a beef stock cube?	
Explain the taste, smell, texture and look of Tomato puree?	Taste
	Smell
	Texture
	Look

### Cooking Skills Record:

The skills I used in preparing and cooking:				
My rating:	 Tasting & looking good	 Quite good	 Edible	 Not so good
What I need to remember next time I cook this recipe:				
Skills I need to practice:				
Choosing alternative ingredients:				
Hygiene and safety tips:				
I have passed this recipe to? And why:				

**Skills Used: (see skills records in students folders)**

Teacher/Student Feedback:	Feedback Date:
Student evaluation	
Teacher feed back	
Student to teacher feed back	
Student to Peers feed back	
Name:	