



# QCOOK

## Middle Eastern Beef Pot Pie

with tomato salsa

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Ella Nasser

**Wine Pairing:** Zevenwacht | 7even Shiraz Grenache

Nutritional Info	Per 100g	Per Portion
Energy	695kJ	4557kJ
Energy	166kcal	1090kcal
Protein	8.2g	53.7g
Carbs	16g	107g
of which sugars	1.9g	12.6g
Fibre	1.6g	10.4g
Fat	7.2g	47.6g
of which saturated	3.8g	24.7g
Sodium	143mg	935mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Alcohol

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200ml	400ml	Cake Flour
50g	100g	Butter <i>cut into small cubes</i>
100g	200g	Leeks <i>trim at the base, cut in half lengthways, rinse &amp; finely slice</i>
150g	300g	Beef Strips <i>pat dry &amp; cut into bite-sized pieces</i>
65g	125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
10ml	20ml	NOMU Moroccan Rub
30ml	60ml	White Wine
10ml	20ml	Beef Stock
30g	60g	Peas
1	1	Tomato <i>rinse &amp; roughly dice ½ [1]</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Cling Wrap  
Sugar/Sweetener/Honey  
Egg/s  
Milk (optional)

**1. MIX THE DOUGH** Preheat the oven to 200°C. Boil a kettle. Place 160ml [320ml] (about ⅔) of the flour in a bowl. Using your fingers, rub the butter into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk 1 egg and a pinch of salt. Using a fork, mix in ½ of the egg into the flour mixture. Using your hands, bring the dough together. You don't want to over knead the mixture! Wrap in cling wrap and set aside in the fridge.

**2. FAB FILLING** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the leeks until soft, 3-4 minutes (shifting occasionally). Add the beef pieces, the mushrooms, and the NOMU rub. Fry until fragrant, 2-3 minutes (shifting occasionally). Add 1 [2] tbs of the remaining flour and the wine. Mix until the flour is incorporated. Add the beef stock and 100ml [200ml] of boiling water. Simmer, uncovered, until the beef is soft and the sauce has reduced, 3-4 minutes. If the meat is not soft, add an extra splash of water and continue simmering until soft. In the final minute, mix through the peas and seasoning.

**3. GOLDEN PASTRY** Sprinkle some of the remaining flour on a flat surface. Remove the pastry from the fridge and place on the sprinkled flour. Dust a rolling pin (or a bottle) and roll out the dough until it's thin. Spoon the pie filling into either individual ramekins or a small, deep oven-proof dish. Carefully lay the rolled out shortcrust pastry on top of the pie filling, trim off any excess, and push down the edges to seal. Lightly brush the top of the pastry with milk or egg wash, and use a knife to pierce a few holes in the pastry. Bake in the hot oven until the pastry is golden and cooked through, 20-25 minutes.

**4. LET'S SALSA** While the pie is cooking, place the tomato, ½ the parsley, and the lemon juice (to taste) in a bowl. Toss to combine and season.

**5. IN PIE WE CRUST!** Serve up a hearty helping of beef pot pie. Serve the salsa on the side and dig in, Chef!

**Chef's Tip** If you're feeling fancy, use a fork to crimp the edges of the pastry to create a pretty pattern!