

UCOOK

Middle Eastern Beef Pot Pie

with tzatziki, pine nuts & fresh parsley


It's as easy as 1, 2, 3 when it comes to making your own homemade flaky shortcrust pastry. Under this golden blanket of goodness lies tender beef strips mixed with onion, fragrant spices & zesty lemon juice. Served with tzatziki & scatters of pine nuts. You've got the best part of your week sorted!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Creation Wines | Creation Merlot

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Ingredients & Prep

200ml	Cake Flour
50g	Butter <i>cut into small cubes</i>
10g	Pine Nuts
1	Onion <i>½ peeled & finely diced</i>
150g	Free-range Beef Strips <i>patted dry & cut into bite-sized pieces</i>
10ml	Lemon Juice
10ml	NOMU Moroccan Rub
50ml	White Wine
10ml	Beef Stock
1	Tomato <i>rinsed & roughly diced</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
30ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Egg/s
Milk
Sugar/Sweetener/Honey

1. MIX THE DOUGH Preheat the oven to 200°C. Boil a full kettle. Place 160ml (about $\frac{2}{3}$) of the flour in a bowl. Using your fingers, rub the butter cubes into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk 1 egg with a pinch of salt. Using a fork, mix $\frac{1}{2}$ 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. FINE PINE NUTS Place a pot (large enough for the pie filling) over medium heat with the pine nuts. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pot and set aside.

3. FAB FILLING Return the pot to medium-high heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the diced onion until soft and translucent, 3-4 minutes (shifting occasionally). Add the beef pieces, $\frac{2}{3}$ of the lemon juice, and the NOMU rub. Fry until fragrant, 2-3 minutes (shifting as they colour). Whisk in 1 tbsp of the remaining flour and the white wine until the flour is fully incorporated. Add the beef stock and 100ml of boiling water. Simmer, uncovered, until the beef is soft and the sauce has reduced, 4 minutes. If the beef is not soft, add another splash of water and continue simmering. Season.

4. GOLDEN PASTRY Sprinkle some of the remaining flour on a flat surface. Remove the pastry from the fridge and place on top of the sprinkled flour. Dust a rolling pin (or bottle!) and roll out the dough to 5mm thick. Spoon the pie filling into either individual ramekins or a larger 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 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, 15-20 minutes.

5. LET'S SALSA While the pie is cooking, combine the remaining lemon juice, a sweetener, and seasoning in a bowl. Toss through the diced tomato, the remaining onion, and the chopped parsley.

6. IN PIE WE CRUST! Serve up a hearty helping of beef pot pie. Scatter over the toasted pine nuts and serve the tzatziki and the salsa on the side. Dig in!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	863kj
Energy	206kcal
Protein	9.5g
Carbs	21g
of which sugars	1.7g
Fibre	1.4g
Fat	8.6g
of which saturated	4.2g
Sodium	166mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days