

Aussie Pasties

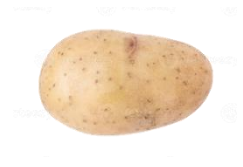


INGREDIENTS – WHAT YOU NEED

150g beef mince



1 potato



1 small onion



1 carrot



½ cup of frozen peas



BETTER THAN BEANS

½ a cob of corn or 1 small can (~125g)



1 tablespoon of Worcestershire sauce



2 – 3 sheets of puff pastry



1 teaspoon of chicken stock powder



1 egg (for brushing)



salt and pepper



METHOD – HOW TO PREPARE

Line a baking tray with foil and baking paper.



Preheat the oven to 190°C.



We will prepare the pastie filling first.

Let's put everything together in one mixing bowl.

Peel the potato.

Finely chop the potato into tiny cubes.

Put in a mixing bowl.



BETTER THAN BEANS

Peel the carrot.

Finely chop the carrot into tiny cubes.

Put in the mixing bowl.



Cut the corn from $\frac{1}{2}$ a cob.

Or drain the corn from the can.

Put in the mixing bowl.



Cut 1 onion in half.

Peel off the outer layer.

Finely chop the onion into tiny cubes.

Put in the mixing bowl.



BETTER THAN BEANS

Add to the mixing bowl :

- 150g beef mince
- ½ cup of frozen peas
- 1 tablespoon of Worcestershire sauce
- 1 teaspoon of chicken stock powder



Mix all the ingredients together.



You can use your hands!

Divide the pastie mix into 4 to 6 equal parts.



Put 1 sheet of puff pastry onto the bench with the plastic side up.

Peel off the plastic.



BETTER THAN BEANS

We will make triangle pasties.

Cut the pastry in half from one corner
to the other like this



Put one lot of the mix into half of the pastry.

Don't put it too close to the edge.



Pull the other side of the pastry over.



Pinch the edges of the pastry together.



BETTER THAN BEANS

Make a hole in the top of the pastie with a sharp knife.



Put your pastie on the baking tray.



Brush the top of your pastie with egg.



Repeat with all your mix to make 4 to 6 pasties.

BETTER THAN BEANS

Put your pasties in the oven.

Bake for 30 – 35 minutes or until golden.

Remove when done.

