



# Puff Pastry Beef Bake with Cheese and Baby Leaves

Matchday Bites 35-45 Minutes • 1 of your 5 a day

10



Puff Pastry Sheet



Carrot



Onion



Garlic Clove



British Beef Mince



Tomato Puree



Worcester Sauce



Red Wine Stock Paste



Grated Hard Italian Style Cheese



Baby Leaf Mix

#### Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Grater, garlic press, frying pan, baking paper and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** <b>13</b>	1 pack	1½ packs	2 packs
Carrot**	1	2	2
Onion	1	1½	2
Garlic Clove**	3	5	6
British Beef Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Worcester Sauce <b>13</b>	15g	22g	30g
Red Wine Stock Paste <b>14</b>	28g	42g	56g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Baby Leaf Mix**	20g	50g	50g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Beef*	150ml	225ml	300ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	<b>571g</b>	<b>100g</b>
Energy (kJ/kcal)	4757 /1137	834 /199
Fat (g)	70.6	12.4
Sat. Fat (g)	31.7	5.6
Carbohydrate (g)	86.3	15.1
Sugars (g)	26.6	4.7
Protein (g)	40.8	7.2
Salt (g)	4.04	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **puff pastry** from your fridge to allow it to come to room temperature.

Trim the **carrot**, then coarsely grate (no need to peel). Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).



## Say Cheese

Once thickened, stir the **hard Italian style cheese** through the **beef mixture** until melted.

Taste and season with **salt** and **pepper** if needed. Remove from the heat and allow to cool slightly.



## Time to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince**, **carrot** and **onion**. Fry until the **mince** has browned and **veg** has softened, 8-10 mins.

Use a spoon to break it up as it cooks. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Make your Beef Bakes

Once the **filling** has cooled, cut the **puff pastry** into equal-sized rectangles (2 per person).

Spoon the **beef** onto one half of each rectangle, leaving a 1cm border at the sides.

Dampen the edges of the **pastry** with a little **water**, then fold the top half of the **pastry** over the **filling** to enclose it. Gently press the edges down with the back of a fork to tightly seal the **parcel** on the 3 open sides.

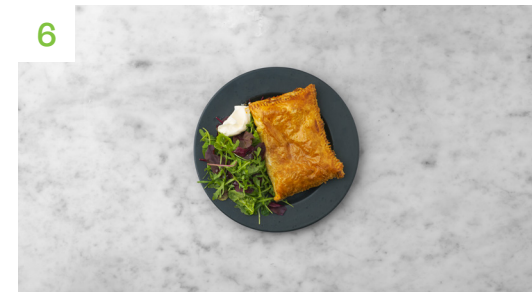
Carefully transfer your **beef bakes** to a lined baking tray. Bake on the top shelf of your oven until golden, 18-20 mins.



## Add the Flavour

When the **mince** has browned, add the **tomato puree** and **garlic** to the pan. Stir-fry, 1 min. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

Stir in the **Worcester sauce**, **red wine stock paste**, **sugar** and **water for the beef** (see pantry for both amounts). Bring to the boil, then simmer until thickened, 3-4 mins.



## Serve Up

Share the **beef bakes** between your plates.

Serve the **baby leaves** alongside drizzled with some **olive oil**.

Add a dollop of **mayo** (see pantry for amount) for dipping.

## Enjoy!