

Corned Beef Pasties

INGREDIENTS (makes 8 - 16)

- 1 onion – peeled and chopped finely
- 1 teaspoon vegetable oil
- 1 clove garlic – peeled and chopped finely
- 1 small can new potatoes – grated or diced
- 300g mixed frozen vegetables – defrosted
- 1 x 200g tin lean corned beef – cut into small chunks
- ½ teaspoon mixed herbs
- ½ teaspoon dried parsley
- black pepper
- 4 wholemeal wraps
- 150ml milk



EQUIPMENT

chopping board, sharp knife,
teaspoon, non-stick frying pan,
can opener, mixing bowl,
wooden spoon, fork, baking tray

METHOD

1. Put the onion in a pan with the oil and fry on a medium heat for 5-6 minutes. Add the garlic and cook gently for a further 2-3 minutes.
2. Once cooked, transfer to a mixing bowl and add the potato, mixed vegetables, corned beef, herbs and black pepper. Mix until combined and set aside.
3. Heat the oven to 190°C/Gas 5 and cut each wrap in half (for large pasties) or quarters (for small pasties).
4. To make the pasties, lightly brush each wrap with milk. Add 1-2 teaspoons of filling onto one half of each wrap. Then fold the wraps in half, brush with milk and press the edges together with a fork.
5. Transfer the pasties to a baking tray and brush the top of each wrap lightly with a little more milk, then bake in the oven for 15-20 minutes until golden brown and crispy.
6. Serve the pasties with a green salad or crunchy homemade coleslaw.

HANDY HINT!

- * Be careful not to overfill the pasties as they won't seal when folding them over and may leak whilst cooking.
- * These pasties can be frozen. Why not make a large batch and freeze some for a later date.

ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, milk

