

**Easy Cornish pasty 😊😊**

**Ingredients**:

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| 2 tbsp12¼ tbsp225g 111tbsp1Pinch¼ tbsp500g1 | Olive oilLarge onionGarlic clovesThymeLean mince beefMedium sized potatoLarge carrotFlourBeef stock cube in 500ml waterSalt and pepperParsleyReady short crust pastryEgg |
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**Method**:

**Insides!**

* Finely chop the onion, carrot and potato.
* In a frying pan gently cook the onions, garlic and thyme.
* Add to this the mince and brown for 10 minutes on a low heat.
* Add the chopped potato and carrot and cook these for 3 minutes.
* Then to the mix add the flour, beef stock, parsley, salt and pepper and simmer for 30 minutes on a low heat.
* Turn off the heat and **leave the mixture to cool**.

**The pastry bit!**

* Turn the oven on to 170C.
* Crack an egg into a bowl and whisk it up.
* With your ready-made pastry cut this into quarters.
* Carefully by using a little flour roll these quarters out to make the square larger.
* Onto 1 of the pastry squares spoon some of the mixture.
* Fold up the sides of the pasty and seal it by pinching the pastry together and coating it with a bit of egg wash. Glaze the rest of the pasty with egg wash.
* Bake in the oven for 25 - 30 minutes and then leave them to cool for 5 minutes.
* Enjoy them warm 😊

Please remember to send in your photos of you cooking the recipe and the finished product. Send pictures in to alanrtilley@mail.com or text them across to 07817777739.

You can check out the video @ <http://y2u.be/Vs6frxXlv9s>

I hope you are enjoying the recipes so far.

To make this vegetarian replace the mince with a diced swede and use a vegetable stock cube. This will taste just as delicious.

