

**Easy Cornish pasty 😊😊**

**Ingredients**:

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| --- | --- |
| 2 tbsp  1  2  ¼ tbsp  225g  1  1  1tbsp  1  Pinch  ¼ tbsp  500g  1 | Olive oil  Large onion  Garlic cloves  Thyme  Lean mince beef  Medium sized potato  Large carrot  Flour  Beef stock cube in 500ml water  Salt and pepper  Parsley  Ready short crust pastry  Egg |
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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](mailto: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.

