

## Spicy Beef and Creamy Sweet Potato Mash Pie, Pam Garven

Along with Topside beef, I've chosen Sweet Potato as it is low GI and grown locally.

Pies are so versatile as they can be eaten with the fingers as snacks, or as main meals served with vegetables. Size of pie can vary from "miniature" size to "family" size.

This recipe is designed for busy people and is basically a spicy tomato sauce with cooked meat added topped with mashed sweet potato. It is a very versatile dish and tastes delicious!



### Beef Ingredients

- 300g cooked roast topside or blade ( you can use your leftover roast beef )
- 2 medium onions, sliced
- 250g sliced mushrooms (optional)
- 3 tablespoons macadamia oil
- 1 teaspoon crushed garlic
- 2 teaspoons Garam Masala
- 1 teaspoon each of ground Cumin, Coriander, Cardamom, Turmeric, Ginger, Salt
- 1/2 teaspoon of Paprika
- 3 tablespoons of Tomato Paste
- 400ml can lite Coconut Milk (2/3 can for beef mixture, 1/3 can for mashing sweet potato).

Optional:

- To make mixture spicier, you can add 1 teaspoon of chilli flakes or 2 chopped red chillies (seeds removed) and 1/2 teaspoon of cayenne pepper.

### Method

- Heat oil in saucepan on a medium heat and add sliced onions.
- Cook onions for a few minutes till starting to soften then add mushrooms and cook further couple of minutes.
- Turn heat to low and add garlic, salt and spices, stirring till well mixed.
- Add tomato paste and mix in well.

- Add 2/3 of can of coconut milk, a little at a time, stirring constantly.
- Add cooked roast beef cut into bite size pieces.
- Stir mixture until beef is thoroughly coated. Remove from heat.

## Sweet Potato Mash Ingredients

- 500g Sweet Potato
- 1 heaped teaspoon Chicken Stock Powder
- Lite Coconut Milk (approx. 1/3 can)
- Garlic and Herb Salt
- Italian Herbs

Optional: Grated cheese to place on top of sweet potato in pie.

## Method

- Peel and chop Sweet Potato into cubes and place in saucepan with Chicken Stock Powder. Cover with water and bring saucepan to boil. Boil until Potato is tender when pierced with a fork.
- Drain water from saucepan and mash with remainder of Coconut Milk. Add some Italian Herbs and season with Garlic & Herb Salt to taste. Normal milk can be used if you need a little extra for a creamier mash.

## Pastry for Pies Ingredients

- 3 sheets frozen Shortcrust Pastry (thawed) for pie bases
- 2 sheets frozen Puff Pastry (thawed) for pie tops
- Small amount of milk for glazing
- Cooking spray

## Method

- Thaw pastry sheets. Place single shortcrust pastry sheet on bench and cut a circle large enough for base of pie. Continue until you have enough cut bases for your pies. Approx 4 - 6 depending on size of pie dish.
- Spray small pie dishes or muffin pan with cooking spray, then place your pastry bases carefully into the pie containers.
- Half fill pastry bases with beef filling, then top with mashed Sweet Potato and small amounts of grated cheese.
- Now using the puff pastry, cut smaller tops for the pies (a glass works well for this).
- With your fingers, seal around the edges where the shortcrust pastry meets the puff pastry.
- Glaze top of pies with a little milk to assist browning.
- Place pies in oven 180 degrees Celsius until golden brown and pastry is firm to touch.
- Remove from oven and allow to cool.

You can eat these with your fingers or serve as a main meal with in-season vegetable of your choice! Enjoy!