

# Curry Beef & Mushroom Pies

nut-free     gluten free     FODMAP friendly

**Pre & Cooking time:** 45 minutes

**Serves:** 6

## Ingredients

- 500g button, cup or flat mushrooms\*
- 1 Tbs olive oil
- 3-4 sprigs spring onion (green part only)
- 2 ½ Tbs curry powder
- 500g beef mince
- 1 Tbs rice or gluten-free corn flour
- 1 ¼ cups beef stock liquid (check is gluten-free)
- 400g jap pumpkin, peeled, diced
- ¼ cup frozen peas\*
- 6 sheets frozen gluten-free shortcrust pastry (e.g. Genius™), partially thawed



## Preparation

1. Finely chop mushrooms by hand, or alternatively, pulse in a food processor until finely chopped.
2. Heat 1 Tbs oil in a large saucepan over medium heat. Add onion, saute for 3 minutes or until softened. Add curry powder, cook, stirring for 1 minute. Add mushrooms, increase heat to high and cook for 5 minutes or until moisture has almost evaporated.
3. Add mince, cook, breaking up mince with wooden spoon until mince changes colour. Sprinkle over flour, stir until well combined. Stir in stock and pumpkin, bring to the boil. Reduce heat to medium, simmer, uncovered for 8 minutes or until kumara is tender and mixture is thick. Set aside to cool. Stir in peas.
4. Place an oven tray into the oven. Preheat tray and oven to 220°C. Lightly grease 6 x 8cm base measurement pie pans (or use a 6 hole large muffin tray). Cut 1 x 20cm circle from each sheet of shortcrust pastry. Use to line bases and sides of pans. Divide mince mixture between pie tins. Fold excess pastry over filling to partially cover. Brush pastry with water and season. Place pies onto hot tray. Bake for 20-25 minutes or until golden. Serve immediately.

## Hints

1. Green peas have a 'moderate' level of Fructans. It's suggested to limit to <1/3 cup per day. Alternatively swap them with zucchini or spinach.
2. Mushrooms are high in mannitol, so only use if you passed the Mannitol Challenge. If not, swap for a mix of diced potato and carrots.