

Fresh for Kids® Mini Cornish pasties



Mini Cornish pasties

Preparation: about 35 minutes
Cooking: about 35 minutes
Makes: 16

2 tbs olive oil
1 small onion, finely chopped
250g veal mince
1 small swede (about 200g),
peeled and cut into 1cm dice
1 potato (about 180g), peeled and
cut into 1 cm dice
1 carrot, peeled and cut into 1cm dice
1 celery stick, finely chopped
1 tbs plain flour
1 tbs water
2 tbs tomato sauce + extra to serve
Salt and ground black pepper
4 sheets frozen ready-rolled puff pastry
1 egg, lightly beaten

1. Preheat oven to 200°C. Heat oil in a large non-stick frying pan over medium heat. Add onion and cook, stirring often, for 3 minutes until tender. Add mince and cook, breaking up mince with a wooden spoon, for 5 minutes or until evenly browned.
2. Add swede, potato, carrot and celery and cook, stirring often for 5 minutes. Sprinkle with flour and add water and tomato sauce. Season with salt and pepper to taste. Stir to combine and simmer for 3 minutes. Remove from heat and cool slightly.
3. Cut 4 x 12cm rounds of pastry from each pastry sheet. Place a heaped tablespoon of vegetable mixture into the centre of each round. Brush pastry edges with egg and bring both sides together to meet in the middle. Pinch pastry to seal. Place on a large greased baking tray. Brush with egg. Bake for 20 minutes or until golden. Serve with tomato sauce.

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Carrots

- A good reliable source of vitamin C, the vitamin that helps protect the body against infection.
- Provide dietary fibre in the skin and the flesh.

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