

# Chinese Spiced Beef and Mushroom Pie

Yield: 6 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-egg-tart-puff-pastry-recipe>

## Ingredients:

- 4 tablespoons vegetable oil
- 2 onions thinly sliced
- 250 grams button mushrooms firm, quartered
- 1 kilogram chuck steak or cross grain steak, cut into 3 cm pieces
- 1/2 cup plain flour
- sea salt
- freshly ground pepper
- 2 cloves garlic crushed
- 1 tablespoon fresh ginger grated
- 1/4 teaspoon ground cinnamon
- 1/4 cup oyster sauce
- 1/4 cup soy sauce
- 1/4 cup sweet chilli sauce
- 2 whole star anise
- 2 cups beef stock
- 300 grams puff pastry
- 1 egg beaten
- sesame seeds for sprinkling
- 5 cups pie capacity ovenproof, dish

## Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 130 milligrams
4. Fat: 40 grams
5. Fiber: 4 grams
6. Protein: 46 grams

7. SaturatedFat: 9 grams
  8. Sodium: 1610 milligrams
  9. Sugar: 5 grams
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