

Italian Minced Beef Plait

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-minced-beef-recipe>

Ingredients:

- 1 1/8 pounds minced beef good quality, or steak
- onion quartered
- 2 garlic cloves
- 1 medium carrot chopped into chunks
- 1 celery stick chopped into chunks
- 2 slices stale bread 100g torn up
- 2 teaspoons herbs Italian mixed
- 4 tablespoons tomato puree
- 7 1/16 tablespoons mature cheddar cheese cubed
- 1 egg
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 sheet puff pastry ready rolled, 320g
- egg additional, for egg wash

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 205 milligrams
4. Fat: 49 grams
5. Fiber: 3 grams
6. Protein: 35 grams
7. SaturatedFat: 17 grams
8. Sodium: 1020 milligrams
9. Sugar: 3 grams
10. TransFat: 1.5 grams

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