

Cornish Pasty

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/pasty-russian-recipe>

Ingredients:

- 1 pie crust recipe, use your favorite, or ours
- 1 tablespoon butter
- 1 onion small, finely chopped
- 1 leek small, finely chopped
- 1/2 pound hanger steak chopped
- 1 parsnip finely chopped
- 1 potato chopped
- 1 carrot finely chopped
- 2 sprigs thyme chopped
- kosher salt
- cracked black pepper
- 1 egg beaten

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 80 milligrams
4. Fat: 26 grams
5. Fiber: 6 grams
6. Protein: 19 grams
7. SaturatedFat: 8 grams
8. Sodium: 560 milligrams
9. Sugar: 5 grams

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