

# Savoury Mince Pie

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-beef-mince-pie-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 7 ounces onion chopped finely
- 2 cloves garlic chopped finely
- 1 large carrot 180g, peeled, chopped finely
- 1 1/8 pounds beef mince
- 1 2/3 cups crushed tomatoes
- 1 cup beef stock
- 2 medium zucchini 240g, grated
- 1 cup frozen peas
- 6 sheets filo pastry
- 3 1/2 tablespoons butter melted

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 110 milligrams
4. Fat: 37 grams
5. Fiber: 7 grams
6. Protein: 32 grams
7. SaturatedFat: 15 grams
8. Sodium: 600 milligrams
9. Sugar: 8 grams
10. TransFat: 1.5 grams

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