

Lunch

RECIPE CARD

Corned Beef Pasties (Makes 3)

RECIPE NAME

Lunch

MEAL TIME

15 minutes

PREP TIME

20 minutes

TIME TO COOK

These are very versatile pasties, you can experiment with different fillings and flavours. You can even make it veggie with a meat-free mince.

Remember to measure for accurate calorie counting

NOTES

Approx 355kcal

CALORIES

INGREDIENTS

- Low Calorie Cooking Spray
- 200g tin of low fat corned beef
- 2 boiled potatoes
- 1 finely chopped onion
- 1 dash of Worcestershire sauce
- Mustard Powder to taste
- 3 Low fat or wholemeal tortilla wraps
- 1 egg for wash

METHOD

- ☆☆☆ Mix all ingredients together in a bowl
- ☆☆☆ Season mixture with salt, pepper and mustard powder to taste
- ☆☆☆ Spoon mixture onto half a wrap
- ☆☆☆ Fold over, brush lip with egg wash and seal with a fork. Brush rest of the egg wash over the top of the pasties
- ☆☆☆ Cook for 10-15 minutes until golden