

This tasty Keto Minced Beef Pie is a really tasty meal that is perfect for lunch, dinner or when you want a quick snack. The pastry just melts in the mouth and the filling is packed full of spicy mince. Yum!

Servings - 8

Prep Time - 15 Mins | Cook Time - 40 Mins | Total Time - 55 Mins

Difficulty - Easy



Cuisine - American

RECIPE

KETO MINCED BEEF PIE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Large Fine Sieve](#)

[Mixing Bowls](#)

[Non-Stick Silicone Baking Mat](#)

[Rolling Pin](#)

[Large Heavy Skillet](#)

[Spatula](#)

[Slotted Spoon](#)

[9 inch Non-Stick Fluted Flan Tin](#)

[Medium Sharp Knife](#)

[Baster](#)

[Gravy Boat](#)

[Parchment Paper](#)

INGREDIENTS

Pie Filling

[1 Tbsp Virgin Olive Oil](#)

6 Large Eggs, lightly beaten

[1 Tsp Kosher Sea Salt \(Fine\)](#)

[2 Tsp Ground Garlic Powder](#)

[2 Tsp Onion Powder](#)

[1 Tsp Oregano \(Dried\)](#)

[1/4 Tsp Cayenne Pepper, ground](#)

[2 Tbsp Dijon Mustard](#)

[100 g Tomato Paste](#)

[100 g Mascarpone Cheese](#)

1 kg Ground Beef

Pastry

240 g FHALL Low Carb Plain White Flour

275 g Unsalted Butter cut into small squares

1 Tsp Himalayan salt

1/2 Cup cold water

1 Egg for basting

METHOD

Pastry

Sift the flour and salt into a medium-sized mixing bowl. Add the butter and iced water. With a knife, mix quickly to a firm dough. The dough will be lumpy.

Lightly flour a surface and roll the dough into an oblong shape. Fold it in three and turn it so that the open edges face you. Roll out again into an oblong shape and proceed as before. Repeat this once again to make three turns in all.

Wrap the dough in greaseproof or waxed paper and put it in the refrigerator to chill.

Remove the pastry from the fridge and cut it into two portions. One $\frac{2}{3}$ and the other $\frac{1}{3}$ of the pastry.

Put the $\frac{1}{3}$ rd portion back into greaseproof paper and pop it back in the fridge.

Take the $\frac{2}{3}$ portion and shape it into a ball. Roll out the pastry.

Line a 23 cm diameter circular pie dish with pastry slightly overhanging the edge of the dish and trim with a sharp knife.

Pie Filling

Grease a 9-inch pie dish and set it aside.

Whisk the eggs in a large mixing bowl and add the kosher salt, garlic powder, onion powder, dried oregano, Dijon mustard, tomato paste and cream cheese and then set the mixture aside.

Heat a large skillet over medium heat. Add the oil and once it is hot, add the ground beef stirring to break at the beef until no longer raw but still slightly pink, about 5 minutes. Drain. Allow to slightly cool.

Mix the ground beef into the egg mixture and add 1 cup shredded cheddar.

Spoon the pie mix into the oven dish with a slotted spoon and put the excess gravy into a small saucepan.

Take the last portion of pastry and roll it out to approx 1 inch wider than the pie dish. Cover the pie with the pastry. Cut off the excess and brush the top of the pie all over with the egg wash.

Take the excess pastry and roll it into a long roll. Long enough to go round the oven dish. Lay the roll of pastry on the edge of the pie dish and pat it down to fit the edge (it should be approx 1-inch in width). Crimp the edges by pinching it all the way around.

If you have any holes in the top of the pie, use the excess pastry to make leaves and other shapes to cover it up. The leaves should also be egg washed.

Pierce a couple of holes in the center of the pie with a sharp knife. Cover with cling film, and put it in the fridge for 1 hour. Better still, leave the pie in the fridge overnight.

Preheat the oven to 350°F/180°C or Fan 160°C/Gas Mark 4.

Cook the pie in the oven for 20-25 minutes until golden brown.

SERVING SUGGESTIONS

This pie is delicious served with avocado fries.

STORAGE

Store in an airtight container in the fridge for 3 or 4 days or freeze for 30 days.

NUTRITION FACTS

Per serving : 187 g | Calories 630 | Protein 29.8 g | Fat 51 g | Carbs 12.6 g | Fiber 8.4 g

Net Carbs : 4.2 g

For more delicious recipes visit the recipe section of our website at:
<https://www.forhealthandlonglife.com/recipes>