

Teriyaki beef and mash pie

Total time **50 mins** 10 mins preparation time 40 mins cooking time

Nutritional facts (per portion):
2,280.4 kJ / 545.0 kcal

Fat: **31.3 g** Protein: **27.8 g**
Carbohydrates: **37.5 g**

INGREDIENTS

2 portion(s)

150 g	fillet of beef
2 pinch	of salt
1 pinch	of pepper
60 ml	<u>Kikkoman Teriyaki Marinade</u>
1 tbsp	oil
120 g	spinach (cooked)
80 g	potato
1	small clove of garlic
1 tbsp	fresh cream
1 tsp	mustard
135 g	ready-rolled pastry sheet (approx.)
1	egg

PREPARATION

Step 1

150 g fillet of beef - **1 pinch** of salt - **1 pinch** of pepper - **1 tbsp** oil - **60 ml** Kikkoman Teriyaki Marinade

Take the fillet of beef from the fridge and leave it to reach room temperature. Cut the fillet in half.

Season with salt and pepper, fry in a pan in oil until brown on all sides, remove, wrap in aluminium foil and let stand.

Pour the Kikkoman Teriyaki Marinade into the pan in which the meat was cooked and heat over a high heat until it thickens.

Remove the meat from the foil, place it in the sauce and leave to cool.

Use the remaining sauce for serving with the meat at the end.

Step 2

80 g potato - **1** clove of garlic - **1 tbsp** fresh cream - **1 tsp** mustard - **1 pinch** of salt

Boil, then peel the potato. Add the potato, garlic, cream, mustard and salt to a bowl and purée until smooth.

Step 3

135 g ready-rolled pastry sheet (approx.) - **120 g** spinach (cooked)

Preheat the oven to 180 °C.

Cut the pastry sheet into two halves (one slightly larger for the top and a smaller one for the

bottom). Use a fork to poke holes in the smaller half for the base.

Place the pastry on a sheet of greaseproof paper.

Add the potato mix from step 2 on the bottom pastry sheet (leaving 1 cm of space at all four edges).

Place the meat from step 1 on top of the potato and wrap the cooked spinach around the meat.

Step 4

The pie from step 3 - **1** egg

Cover the pie with the larger pastry sheet and use a fork to create a pattern around the edge.

Make three slits in the top.

Beat the egg and brush it over the surface.

Bake in the oven at 180 °C for 20 minutes.

Serve with the remaining sauce from step 1 either on the plate or in a small bowl for dipping.