

Lamb & Vegetable Pasties



Serves 8

Prep 20 mins

Cooking 1h 10 mins

Easy



Ingredients

1 red onion, finely chopped
2 carrots, cut into 1cm cubes
2 courgettes, cut into 1cm cubes
1 aubergine, cut into 1cm cubes
2 red peppers, seeded and cut into 1cm cubes
2 tbsp olive oil
2 tsp rosemary leaves, finely chopped
1 tbsp sundried tomato paste
250g lean lamb mince
2 x 320g packs ready rolled puff pastry
1 egg, beaten

1. Preheat the oven to gas 5, 190°C, fan 170°C. Fry the chopped onion in a small frying pan until soft. In a bowl, toss the rest of the vegetables with the oil and spread out in a single layer on a large baking sheet. Season well. Bake for 35 minutes, or until browned. Set aside to cool.
2. Add the chopped rosemary, sundried tomato paste and lamb mince to the roast vegetables in a mixing bowl and combine.
3. Cut each pastry pack into 4 even slices. Spoon a quarter of the lamb mix into the middle of one side of each, fold over and trim the excess pastry to form a half-moon shape. Twist and crimp the pastry edges together to seal. Cut two slashes in the top and repeat to make 8 pasties. Space out on a baking sheet. Brush the tops with beaten egg and bake for 35-40 minutes, until puffed-up and browned.
4. **Freezing and defrosting guidelines:** Allow to cool completely. Wrap well in cling film and tin foil (to prevent freezer burn) and freeze for up to 3 months. Loosen the tin foil and cling film but leave to defrost in packaging at room temperature for several hours before serving. If you wish to serve the baked goods warm, place them on a baking sheet for 10 minutes in a moderate oven.