



Savoury mince with pesto pinwheels

Ingredients

100g onions
3 cloves garlic
300g minced lean beef
10ML dried mixed herbs
200 ML tinned chopped tomatoes (with liquid)
200 ML beef stock
30ML tomato puree
150 g plain flour
2 .5ML baking powder
40g margarine
semi-skimmed milk to bind
40g cheese
30ML green Pesto
50 g canned haricot beans (drained weight)

Pre heat oven to 200c/ gas mark 6 (if fan assisted reduce heat accordingly)
shallow ovenproof dish (22cm x 22cm approx)

Method

- 1: Finely dice the onion and crush the garlic
- 2: Brown the minced beef in a hot pan
- 3: add the onion and garlic and cook for a further 2 minutes with lid on
- 4: remove from the heat and add the mixed herbs, tomatoes, stock and tomato puree
- 5: stir well and return to the heat
- 6: bring to the boil, reduce the heat and stew for 15 minutes
- 7: sieve the flour and baking powder into a large bowl, rub in the margarine
- 8: add enough milk to form a stiff dough
- 9: turn onto a floured surface and knead lightly, rest the dough for 5 minutes in the fridge
- 10: grate the cheese
- 11: evenly roll the dough into a rectangle of 30cm x 20 cm approximately
- 12: with the long side facing you, spread the pesto evenly onto the dough
- 13: sprinkle the cheese evenly on top of the pesto
- 14: roll up the dough tightly to give a 30cm long roll
- 15: trim the edges of the roll and cut into 16 evenly sized slices
- 16: add the haricot beans to the mince mixture and adjust the consistency and seasoning

17: pour the mince mixture into the ovenproof dish

18: arrange the pinwheels on top of the mince mixture, (cut side up) to show 4 portions

19: bake for 15-20 minutes until golden brown

20: serve hot