

OVERALL time: 65 mins

CURRIED MINCE 3 WAYS: 3 HAND PIES

Lastly but definitely not least, our 3rd out of 3 dishes, the mouthwatering, easy-to-make Hand pies.

Metric

Number of servings : 4

ingredients

Main

- 1 tsp olive oil
- 2 cloves garlic, finely miced
- 30 ml Fresh ginger, grated
- 1 Large egg
- 3 Sheets store-bought shortcrust pastry
- 15 ml Sesame seeds
- 500 g beef mince
- 1 tsp **Cape Herb and Spice Cape Malay Curry Spice**
- 4 large tomatoes, diced
- 1 large egg, whisked
- flour for rolling out
- egg wash, for pastry
- 1 Large onion, diced

To serve

- tomato chutney

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 45 mins

Heat the olive oil in a large frying pan and fry the onion until tender. Add garlic and ginger and cook until fragrant.

Add the beef mince and **Cape Herb & Spice Cape Malay Curry Spice**. Cook it until the mince is lightly browned. Then add the tomatoes and cook until the tomatoes break down. Simmer until thickened. Cool the mince mixture completely.

Next, preheat the oven to 180°C.

Whisk the egg with a splash of water.

On a lightly floured surface, roll out the pastry dough until 2-3mm thick.

Using a medium sized bowl cut out 4 circles in each sheet of pastry so you have 12 pastry circles. Then, spoon the cold mince mixture onto one half of each circle.

Brush the circle with a little egg wash and then seal each pie. Press down firmly to close them tightly.

Cut two small slits into each pie, egg wash them all over and sprinkle with sesame seeds.

Place on a lined baking tray and bake for 25-30 minutes until golden brown and crisp.

Serve the hand pies with tomato chutney for dipping.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

Metric

ingredients

Main

- 1 tsp olive oil
- 2 cloves garlic, finely miced
- 30 ml Fresh ginger, grated
- 1 Large egg
- 3 Sheets store-bought shortcrust pastry
- 15 ml Sesame seeds
- 500 g beef mince
- 1 tsp **Cape Herb and Spice Cape Malay Curry Spice**
- 4 large tomatoes, diced
- 1 large egg, whisked
- flour for rolling out
- egg wash, for pastry
- 1 Large onion, diced

To serve

- tomato chutney

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 45 mins

Heat the olive oil in a large frying pan and fry the onion until tender. Add garlic and ginger and cook until fragrant.

Add the beef mince and ***Cape Herb & Spice Cape Malay Curry Spice***. Cook it until the mince is lightly browned. Then add the tomatoes and cook until the tomatoes break down. Simmer until thickened. Cool the mince mixture completely.

Next, preheat the oven to 180°C.

Whisk the egg with a splash of water.

On a lightly floured surface, roll out the pastry dough until 2-3mm thick.

Using a medium sized bowl cut out 4 circles in each sheet of pastry so you have 12 pastry circles. Then, spoon the cold mince mixture onto one half of each circle.

Brush the circle with a little egg wash and then seal each pie. Press down firmly to close them tightly.

Cut two small slits into each pie, egg wash them all over and sprinkle with sesame seeds.

Place on a lined baking tray and bake for 25-30 minutes until golden brown and crisp.

Serve the hand pies with tomato chutney for dipping.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>