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# Minted Beef with Pine Nut in Fillo

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## Ingredients

2Tsp Olive Oil  
100g (4oz) Onion, chopped  
2 Cloves Garlic, finely chopped  
1Tsp Ground Cumin  
1Tsp Ground Coriander (cilantro)  
300g (10 oz.) Lean Ground Beef  
2Tbs Fresh Mint, chopped  
2Tbs Pine Nuts  
400g Potatoes, boiled and mashed  
½ Cup Grated mature Cheddar Cheese  
10 Sheets Fillo Pastry  
125g Butter, melted

for the sauce...

2Tsp Olive Oil  
100g (4 oz.) Onion, chopped  
2 Cloves Garlic, finely chopped  
450g Tomatoes, chopped  
1Tbs Tomato Paste  
2Tsp Brown Sugar  
2Tbs Fresh Mint, chopped

## Procedure

- 1) Heat the olive oil in a wok or frying pan. Add the onion, garlic and spices. Cook this until the onion is soft, but not browned.
- 2) Add the beef, mint, and pine nuts. Stirfry this until the beef is browned.
- 3) Peel the potatoes, cut them into cubes and boil until soft and tender. Mash the potatoes until smooth, add the cheese and continue to mash until completely combined.
- 4) Mix in the beef until completely combined.

for the tomato sauce -

- 1) Heat the oil in a sauce pan. Add the onion and garlic and cook until the onion is soft and translucent.
- 2) Add the tomatoes, tomato paste, sugar and mint. Bring this to the boil, reduce the heat, Place the lid on the pan and simmer over low heat for 5 min.
- 3) Remove the lid and simmer for a further 5 min until the sauce is thick.

to fill the pastry -

- 1) Separate the sheets of fillo and place them under a damp kitchen towel to prevent them from drying out.
- 2) Working with 2 sheets at a time, paint one sheet with melted butter. Place the other sheet on top of the painted sheet and paint the top sheet with butter as well.
- 3) Using a sharp knife, or a roller cutter, cut the 2 sheets of pastry along their length, into 3 equal width strips.
- 4) Place a heaped tablespoon of filling at the end of each strip. Fold each strip over at an angle, enclosing the filling under a triangle of pastry. Continue folding the pastries up towards the top, until you end up with totally enclosed triangles. Repeat with remaining pastry and filling.
- 5) Place the pastries on greased baking sheets, and bake in a pre-heated oven (210C / 450F) for 8-10 min, until golden and crisp.

Enjoy & best wishes,

