



# DYSPHAGIA MEAT AND POTATO PIE

## Method

1. Sweat off the onions, carrots and celery until the onions are tender.
2. Add the minced beef and cook until brown, then strain off the fat.
3. Return to the pan and add the tomato paste, chopped tomatoes and Bisto Beef Paste.
4. Season to taste and cook for a further 20 – 30 minutes.
5. Blend together until the correct consistency is achieved.
6. Make up 300g of Batchelors Instant Mash, mould in to flan case and fill with meat.
7. Turn out onto chopping board, portion and serve.