

## AUSTRALIAN MEAT PIE

### INGREDIENTS

- 1 onion finely chopped
- 1 clove garlic, minced
- 1.5 lbs ground beef
- 2 tablespoons oil for frying
- ¼ cup beef stock
- 2 teaspoons Worcestershire Sauce
- 1 tablespoon tomato paste
- ½ teaspoon oregano
- 1 pinch of nutmeg
- 1 teaspoon of soy sauce
- 6 tablespoons flour
- Salt and pepper
- 1 package of Goya Empanada Discs for Baking
- 1 egg beaten
- Ketchup (optional)



### DIRECTIONS

1. Preheat oven to 375 degrees.
2. Sauté onion and garlic with oil in a pan until onion is softened. Then add the beef and cook until the beef is browned.
3. Add the Worcestershire sauce, tomato paste, oregano, nutmeg, pepper, and soy sauce to the pan. You can adjust the amount of each of these ingredients to fit your palette.
4. Whisk the flour with 1/8 cup of water. Add to the pan to thicken the liquids into a gravy.
5. Once the sauce is thick, do a taste test and add more salt or other sauces, if necessary.
6. Remove the pan from the stove and allow it to cool before filling it in the empanada discs.
7. Roll out each empanada disc or stretch them out with your hands. You just want to make the discs a little bit bigger.
8. Fill each disc with about three tablespoons of the meat filling. Fold the disc in half (becoming a half-moon shape) and press the edges together firmly. To be extra safe, you can fold the edges up and press them with a fork. Lay the empanadas or hand pies on a lined baking tray. Avoid using a baking sheet because it wouldn't contain the grease from the pies when you bake them.
9. Beat one egg with 1 tablespoon of water. Brush the egg mixture on the pies.
10. Bake for 15-20 minutes or until the pies are golden.
11. Let the pies cool for at least 15 minutes before eating. Enjoy them with some ketchup!