



# Open beef and onion parcels

Prep: 15 minutes • Cook: 30 minutes • Serves: 4



## Ingredients

150g lean minced beef  
1 onion, finely chopped  
2 teaspoons fennel seeds  
1 clove garlic, crushed  
1 teaspoon dried rosemary  
Ground black pepper  
375g ready rolled puff pastry  
4 teaspoons onion marmalade/chutney  
50g fresh mozzarella, chopped  
20g parmesan, grated  
1 tablespoon pine nuts, toasted  
1 large sprig rosemary, pulled into smaller sprigs off the main stalk

## To serve

80g rocket  
80g watercress

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Carbohydrate **36.5g**  
Low protein ✗  
Low salt ✗  
Cost per portion (May 2022) **£1.45**  
Energy in kcals **517**

- 1** Preheat oven to 180°C / 160°C fan / gas mark 4. In a large bowl, mix the minced beef, onion, fennel, garlic and dried rosemary with a little black pepper. Combine using your hands.
- 2** Cut the puff pastry sheet into 4 equal squares and put onto a lined baking tray. Spread 1 teaspoon of onion marmalade in to middle of each square and then top with the beef mix.
- 3** Fold the corners of pastry in towards the middle but don't overlap them, leave an opening in the top. Cook for 20 minutes in the oven.
- 4** Remove from the oven and top the parcels with mozzarella, parmesan, pine nuts and fresh rosemary and return to the oven for a further 10 minutes. Serve the parcels with a side salad – we suggest a mix of rocket and watercress.