EASY HIGH PROTEIN RECIPES

MINCE MEAT PASTIES

8-pocket shopping list + baking-day game plan | US Letter

SHOPPING LIST

- [ ] 1 lb lean ground beef (90/10)
- [ ] 1 cup cooked diced potato
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp dried thyme + pepper
- [ ] 1 large egg, for egg wash
- [ ] 1 small onion, finely diced
- [ ] 1/2 cup frozen peas
- [ ] 2 tsp Worcestershire sauce
- [ ] 2 boxes frozen puff pastry (4 sheets)
- [ ] Optional: 1 tbsp flour for pan

EIGHT-POCKET TIMELINE

- [ ] Dice & cook potato until tender; drain well.
- [ ] Brown beef and onion. Check beef reaches 160 F.
- [ ] Stir in potato, peas, tomato paste and seasonings.
- [ ] Cool filling; do not wrap hot filling in pastry.
- [ ] Cut 2 rectangles per sheet; add about 1/3 cup filling.
- [ ] Fold, seal, vent, egg-wash; chill pastry if soft.
- [ ] Bake at 400 F around 22–28 min; pastry golden.
- [ ] Rest 5–10 min; refrigerate extras promptly.

BAKING QUICK CHECK

Oven: 400 F (204 C) | Yield: 8 generously filled pockets

Cooked ground beef: 160 F thermometer check before wrapping

Leftovers: chill within 2 hours (1 hour above 90 F); use in 3–4 days

MY NOTES / CHANGES