



Mini-Moo Pies

Makes: 12 Prep Time (minutes): 20 Cooking Time (minutes): 25

Tools:

- Measuring Spoons
- Measuring Cups
- 12 Hole Muffin Tray
- Pastry Brush
- Grater
- Frying Pan
- Wooden Spoon
- Chopping Board
- Prep Bowls
- Rolling Pin
- Knife
- Timer

Ingredients:

-  • 1½ tablespoons olive oil
-  • 200g lean beef mince
-  • 1 small zucchini, grated
-  • 1 small carrot, grated
-  • 400g can chopped tomatoes
-  • 1 tablespoon barbecue sauce
-  • 12 slices wholemeal bread
-  • ½ cup tasty cheese, grated
-  • tomato sauce, to serve

Get ready to cook:

- Put on your apron.
- Wash your hands.
- Assemble all your ingredients and equipment.
- Have fun!

How to make Mini-Moo Pies:



1. Preheat the oven to 200°C. Brush the muffin holes with olive oil to grease.



2. Heat remaining oil in the frying pan and cook mince until browned – use a wooden spoon to break up the mince.



3. Add the zucchini, carrots, tomatoes and barbecue sauce to the browned mince in the frypan.



4. Stir all the ingredients together and simmer for 10 minutes until liquid has evaporated.



5. Flatten the bread with a rolling pin. Cut off the crusts and corners from each slice.



6. Push each slice of bread into the muffin holes and bake them for 5 minutes or until crisp.




7. Fill each bread case with 2 tablespoons of meat mixture & sprinkle grated cheese on top.



8. Bake the pies in the oven for 12 minutes or until heated through and cheese has melted.



9. Let the pies cool off before eating them with tomato sauce – enjoy!

 Please note: An adult needs to help you with this step.

Handy Hints:

- Pack leftover pies in your picnic basket and eat them cold.
- Try different fillings in your pies such as chicken and mushroom with a creamy sauce.