

More than 1 hour

Serves 4

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Ingredients:

- 1 Tbsp (15ml) olive oil
- 1 onion, chopped
- Salt and milled pepper
- 400g beef goulash
- 4 cloves garlic, chopped
- 1 packet (50g) tomato paste
- 4 sprigs thyme, plus extra for serving
- 2 cans (400g each) chopped and peeled tomatoes
- 2 cups (500ml) beef stock (or water)
- 1 Tbsp (15ml) Worcestershire sauce
- Pinch sugar
- 800g carrots, grated
- 2 cups (500ml) cubed veggies (like baby marrow, butternut or sweet potato)
- 1 can (400g) red kidney or cannellini beans
- 2 packets (400g each) puff pastry

Method:

1. Heat oil in a pot and sauté onion until soft.
2. Season beef and brown well.
3. Add garlic, tomato paste and thyme and cook for a minute.
4. Stir in tomatoes, stock (or water), Worcestershire sauce and sugar.
5. Cover and simmer for about 25 minutes.
6. Add carrots and cubed vegetables and cook for a further 20 minutes.
7. Stir in beans and season if needed.
8. Divide mixture into individual serving bowls or transfer to a large ovenproof dish.
9. Top with pastry and bake for 15-20 minutes, or until pastry is golden.

10. Garnish with extra thyme just before serving.