

BOERIE & BEAN PIES IN A MUFFIN TIN

Makes 12

INGREDIENTS

For the filling:

- 1½ cups Bambara groundnuts, rinsed and soaked overnight
- 2 tbsp oil
- 1 onion, chopped
- 2 carrots, peeled and cubed
- 1 clove garlic, crushed
- 1 tbsp tomato paste
- 450g boerewors, cooked and sliced into thin rounds
- 2 tins (400g each) chopped tomatoes
- 1 sachet (50g) Knorr Brown Onion Soup
- 1 tbsp brown sugar
- Salt and pepper, to taste

To assemble:

- 2 packs (400g each) puff pastry, defrosted
- 1 egg, beaten

Serving Suggestion:

- Mashed potato
- Minted peas
- 1 sachet (34g) Knorr Roast Meat Gravy, made according to packet instructions


METHOD

1. Preheat the oven to 180°C and grease a 12-hole muffin tin.

For the filling:

1. Rinse the pre-soaked Bambara groundnuts, combine with 1½ litres water in a medium pot, bring to the boil, and cook at a simmer for 2 hours, or until tender. Drain the water and set the beans aside.
2. Heat the oil in a pan over medium heat and fry the onions, carrot and garlic until soft and translucent.
3. Add the tomato paste and cook until deepened in colour.
4. Stir in the boerewors slices, cooked Bambara groundnuts, Knorr Brown Onion Soup powder, tinned tomatoes and sugar, bring to a simmer and cook for 10 minutes, until thickened. Add a dash of water if needed.
5. Season to taste and allow to cool slightly.

To assemble:

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- The page features a decorative border of hand-drawn food items in a golden-brown color. The items include various types of bread, pastries, and vegetables. At the top, there are illustrations of a slice of cheese, a vegetable, a round bread with a cross on top, a slice of bread, a slice of pizza, and a round flatbread. On the left side, there are a round flatbread, a slice of bread, a cupcake, a slice of bread, a round flatbread, and a slice of bread. At the bottom, there are a slice of bread, a round flatbread, a slice of bread, a round flatbread, and a slice of bread. In the center, there is a numbered list of six steps for a recipe.
1. Use the empty, cleaned tomato tin to cut out 24 circles in the pastry.
 2. Roll 12 of the circles out to double the circumference, then press these into the holes of the muffin tin with a slight overhang.
 3. Spoon the filling into each pie case and close with the remaining 12 pastry circles, making sure to seal the edges by pressing them down with a fork, or pinching them together.
 4. Cut a small cross in the centre of each lid and brush with the beaten egg.
 5. Bake for 30 minutes, or until the pastry lids are golden brown.
 6. Serve alongside fluffy mashed potato and minted peas with gravy and ENJOY!