

Jen's Beef and spiced pumpkin crustless Pie



Makes 3 large ramekin pies, 280 cal's per pie.

- 500g of gravy beef
- 1 leek (green top removed)
- 1 pot of continental beef stock pot or stock cubes (in 500ml of water)
or 500ml of stock
- 1 tablespoon of corn flour dissolved in a little water
- 300g piece of pumpkin, skin on (yields approx. 1.5 cups when mashed)
- ½ teaspoon of cumin powder
- ¼ to ½ teaspoon of cumin powder (to taste)
- ¼ to ½ teaspoon of dried chilli flakes (to taste)
- ¼ to ½ teaspoon of dried coriander flakes (to taste)
- Cracked pepper (to taste)

Slice leek into strips. Dissolve the stock pot in 1 cup of hot water.

Add beef, leeks and dissolved stock plus remainder cup of water to either a crock pot, slow cooker or deep saucepan.

This recipe can be cooked in :

- Stove top: at low simmer for 3-4 hours until meat falls apart
- Slow cooker: as per cooker instructions for casseroles, until meat falls apart.

While meat is cooking, spray pumpkin with a little extra virgin olive oil spray and bake on a tray at 180°C for 2 hours (up to 3 hours if baking 1 large piece for 6 pies). When meat is cooked and soft, add cornflour slowly until thickened. Stir until corn flour is cooked through (4-5 mins) Scrape pumpkin flesh from the skin, mash roughly with fork and add spices to taste.

Place meat in a ramekin and top with pumpkin for individual servings or in a large heat proof dish for one family sized. Spray with extra virgin olive spray and place in hot oven and allow the top to get a few "brown spots".

Serve with winter vegies (such as broccoli, cauliflower and carrots) and enjoy.