

# Pork pasties with quick pear relish

- Kid-friendly
- Dairy-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Shellfish-free
- Seafood-free
- High in Dietary Fibre
- High in Protein
- 2 serve Veg or Fruit

Easy to make, these pork, pear and caraway pasties are tasty on their own and amazing when served with homemade relish.

- Serves:4
- Cooktime:1 hr
- Preptime:20 mins + 5 mins cooling time
- + 5 mins cooling time



## Ingredients

- 1 (about 300g) potato, peeled, cut into 2cm pieces
- 1 tbs olive oil
- 500g pkt Coles Finest Italian Style Pork Sausages, casings removed

- 2 tbs Dijon mustard
- ¼ cup chopped flat-leaf parsley
- 4 sheets frozen shortcut pastry, just thawed
- 1 Coles Australian Free Range Egg, lightly whisked
- 1 tsp caraway seeds
- 1 tsp fennel seeds

### **Quick pear relish**

- 1 tbs olive oil
- 5 (about 1kg) William Bartlett pears, peeled, cored, cut into 3cm pieces
- 2 garlic cloves, crushed
- 1 shallot, thinly sliced
- ¾ cup (185ml) apple cider vinegar
- ½ cup (110g) brown sugar
- 2 tsp caraway seeds
- 1 tsp fennel seeds

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## **Method**

### **1. Step 1**

To make the quick pear relish, heat the oil in a large non-stick frying pan over medium-high heat. Add the pear, garlic and shallot and cook, stirring occasionally, for 4 mins or until the pear is just tender.

### **2. Step 2**

Add the vinegar, sugar, caraway seeds and fennel seeds to the pan and bring to a simmer. Cook, stirring, for 10-12 mins or until the pear is tender. Use a fork to crush half the pear in the pan. Stir until combined. Season.

### **3. Step 3**

Preheat oven to 200°C. Line 2 baking trays with baking paper.

### **4. Step 4**

Place the potato in a medium saucepan of cold water. Bring to the boil over high heat. Cook for 8 mins or until tender. Drain.

### **5. Step 5**

Heat the oil in a large frying pan over medium-high heat. Add the sausage and cook, stirring with a wooden spoon to break up into large lumps, for 5 mins or until browned. Add the potato, mustard, ½ cup of the pear relish and 2 tbs water to the pan. Cook, stirring, for 1 min or until well combined. Stir in the parsley. Season. Set aside for 5 mins to cool.

## 6. Step 6

Using a plate as a guide, cut four 20cm discs from the pastry. Place one-quarter of the pork mixture in the centre of each pastry disc. Bring pastry edges together to form semi-circles, pinching the edges to seal. Use your fingers to pinch and indent the sealed edges. Place pasties on the lined trays. Brush with egg. Sprinkle with the caraway seeds and fennel seeds. Bake for 25-30 mins or until golden. Serve with the remaining pear relish.

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## Nutrition Information

PER SERVE

Energy: 3527kJ/844 Cals (41%)

Protein: 28g (56%)

Fat: 71g (101%)

Sat fat: 27g (113%)

Carb: 120g (39%)

Sugar: 60g (67%)

Fibre: 13g (43%)

Sodium: 1709mg (85%)