

# Syrian sfeeha (open meat pie)

- Dairy-free
- Egg-free
- Gluten-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free

This Syrian sfeeha recipe is courtesy of Coles Cooking Club Member, Fatimah. She makes this open meat pie for her family during Eid celebrations.

For more food ideas and recipe inspiration, join the Coles Cooking Club Facebook group at [coles.com.au/colescookingclub](https://www.coles.com.au/colescookingclub).

- Makes 12
- Cooktime 55 mins 55 minutes
- Prep time 40 mins

## Ingredients

- 3 medium tomatoes, coarsely chopped
- 3 brown onions, coarsely chopped
- 1 bunch flat-leaf parsley, stems removed
- 5 garlic cloves
- 500g Coles Australian No Added Hormones 4 Star Beef Mince
- 1 tbs tomato paste
- 1 tsp ground black pepper
- 1 tsp ground paprika
- 1 tbs salt
- 2 tbs pomegranate molasses or balsamic vinegar glaze
- 1/4 cup (60ml) olive oil

## Dough

- 1 1/2 cups (375ml) lukewarm water
- 2 tsp (1 sachet/7g) dried yeast
- 1 tbs caster sugar
- 5 cups (750g) plain flour
- 2 tbs Greek-style yoghurt
- 1 tbs salt
- 1/4 cup (60ml) vegetable oil

## Nutritional information

Per serve: Energy: 1520kJ/364 Cals (17%), Protein: 16g (32%), Fat: 12g (17%), Sat Fat: 3g (13%), Sodium: 395mg (20%), Carb: 48g (15%), Sugar: 36g (40%), Dietary Fibre: 3g (10%). 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

Place the tomato, onion, parsley and garlic in a food processor and process until very finely chopped. Transfer to a large bowl. Add mince, tomato paste, pepper, paprika, salt, pomegranate molasses or balsamic glaze and oil. Stir until well combined. Cover and place in the fridge to rest.

### 2. Step 2

Meanwhile, to make the dough, combine the water, yeast and sugar in a large bowl and whisk to combine. Add 1 1/2 cups (225g) flour and whisk until well combined. Cover and set aside for 15 mins or until the mixture is frothy. Add the yoghurt, salt and remaining flour. Use a spatula to bring the dough together. Add the oil and knead on a lightly floured surface for 3 mins or until the dough is smooth.

### 3. Step 3

Divide the dough into 12 even portions and place on a lightly dusted baking tray. Lightly dust the dough portions with flour and cover with plastic wrap.

### 4. Step 4

Working with 1 portion at a time, roll out the dough on a lightly floured surface to a 3mm-thick disc. Top with a little mince mixture and spread into a thin layer all the way to the edge.

### 5. Step 5

Preheat grill on high. Heat 2 small non-stick frying pans over medium-low heat. Place 1 sfeeha in each pan and cook for 6-8 mins or until the bases are golden. Transfer to a non-stick baking tray. Cook under the grill for 3-4 mins or until the

topping is just cooked through and edge of the dough is golden brown. Repeat with the remaining sfeeha.