

GF Friendly

Cajun Beef Cornpone Pie

Beef and vegetables in a Cajun tomato sauce with cornbread topping

This is a spicy, yet sweet variation of our cornpone pie Recipe R10, using cubed beef steak instead of mince. You can substitute any meat, though; and vegetarians can just leave it out altogether.

- 300g beef steak, cubed small
- 1 small onion, chopped
- ½ capsicum, chopped small
- 1 stick celery, sliced across the stalk
- 2 cup mushrooms, peeled and sliced
- 1 carrot, sliced
- ½ cup each of frozen peas and corn
- 400g diced tomatoes
- 1 Tbsp tomato paste
- 1 tsp minced garlic
- 2 **level** tsps Cajun spice
- ½ tsp salt (optional)
- ¼ tsp black pepper (optional)
- ½ cup coarsely chopped zucchini
- 1 cup water
- 1 Tbsp olive oil, or similar



Cornbread Topping

- 2/3 cup maize meal (Polenta) 2/3 cup plain flour 3 tsps baking powder 1 egg
- 1/4 cup cooking oil 1 cup milk (extra may be needed) 1 tsp salt (optional)

A wok or deep pan is best for this. Warm the garlic and Cajun spice in the oil, add the beef and toss well to sear; then pile in all of the vegetables **except for the zucchini** and stir-fry for 10 minutes. Put in the diced tomatoes with the tomato paste and water, mix well, bring to the boil; then turn down to simmer partially covered for 20 minutes, stirring occasionally. Meanwhile, prepare the cornbread, mixing all ingredients to a thick pouring consistency, adding a little more milk later if necessary.

When the beef and vegies are cooked, stir in the zucchini then transfer to a suitable oven-proof dish. Spread the cornbread mix evenly and bake on 160°C fan-forced (180°C conventional) for 20-25 minutes, or until the topping is golden brown.

Serves 2

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