

Christmas Mincemeat Flan

Ingredients

250g Loprofin Mix

¼ teaspoon ground cinnamon

¼ teaspoon ground mixed spice

50g caster sugar

150g butter

125g mincemeat*

1 tablespoon demerara sugar

20cm loose bottomed flan tin

Oven temperature: 190°C/375°F/Gas Mark 5

*check protein on the label

Method

1. Combine the Loprofin Mix, spices and caster sugar in a large bowl. Thoroughly rub in the butter until the texture resembles fine crumbs
2. Add sufficient water to the remaining crumbs to give a soft, not sticky, dough
3. On a sheet of greaseproof paper, lightly knead the dough until smooth - roll out thickly and use to line the flan tin. Keep some pastry left over to decorate the flan
4. Fill the pie with mincemeat and cover with pastry to decorate
5. Bake in a preheated oven for 20-25 minutes or until golden brown

This recipe was provided by Nutricia Ireland