

Difficulty:
Easy



Veggie pie

Time:
60 minutes



Allergens: Dairy, Gluten

What is it?

A creamy veggie pie

What you need:

| | <u>For 2 people</u> | <u>3 people</u> | <u>4 people</u> |
|-----------------|---------------------|-----------------|-----------------|
| Vegetable stock | 1 | 1 | 2 |
| Green beans | 25g | 40g | 50g |
| Broccoli | 1/2 | 3/4 | 1 |
| Courgette | 1/2 | 3/4 | 1 |
| Tomato | 1/2 | 3/4 | 1 |
| Potato | 1/2 | 3/4 | 1 |
| Pepper | 1/2 | 3/4 | 1 |
| Garlic clove | 1 | 1 | 1 |
| Flour(pastry) | 100g | 150g | 200g |
| Butter(pastry) | 50g | 75g | 100g |
| Flour(sauce) | 25g | 40g | 50g |
| Butter(sauce) | 25g | 40g | 50g |
| Milk | 300ml | 450ml | 600ml |

AVERAGE COST
PER PERSON
£0.90

Kit list:

- Saucepan
- Oven dish
- Rolling pin

Make it your own!

You could add any leftover vegetables to this and reduce food waste.

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Preheat the oven to 190 degrees / gas 5 mix the flour and butter together to resemble breadcrumbs, slowly add enough cold water to create a dough, wrap in clingfilm and chill in the fridge.



Step 2: Meanwhile peel and dice the potato and cut the broccoli into florets, boil for 5 minutes then add your green beans to the water and cook for a further 5 minutes and then drain.

Step 3: Deseed and chop your pepper and courgette then stir fry until they have some colour.



Step 4: To make your sauce melt the butter in a pan and add the flour, combine and cook for 1-2 minutes. Gradually whisk in the milk until you have a smooth sauce then add the stock cubes to the sauce and season to taste.

Step 5: Put all the vegetables into a baking dish and cover with the sauce.

Remove the pastry from the fridge and roll it big enough to cover your baking dish, brush the top with some milk or egg and bake for 35-40 minutes



Serve with Garlic bread or sweet potato wedges.

What did you think of this recipe? Colour in the stars to give it a rating!

