

## **Vegetable Flan**

### **Ingredients**

#### **Pastry**

180g low protein mix

½ teaspoon salt

40g butter

40g lard (if you don't have lard use 80g butter)

Cold water to mix

#### **Filling**

40g Juvela Low Protein Mix

200ml carton of low protein milk

60g mushrooms, finely diced

60g courgettes, finely diced

½ green pepper, deseeded and diced

½ red pepper, deseeded and diced

1 small onion

½ teaspoon garlic salt (optional)

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

#### **Method**

1. To make pastry, place the Low Protein Mix and salt in a bowl and rub in the margarine and lard to resemble fine breadcrumbs.
2. Stir in sufficient water to form a soft, but not sticky, dough. Knead the dough well for 3-4 minutes on a surface lightly dusted with low protein mix, then roll out and use to line the flan rings.
3. Bake pastry cases 'blind' for 10-12 minutes.
4. To make the filling, melt margarine in a pan and bring to the boil.
5. Simmer for a further 10 minutes until vegetables are soft.
6. Spoon mixture into pastry cases and serve.

This recipe was provided by Juvela