Vegetable Pie

Ingredients

150g Loprofin Mix

40g butter

40g hard margarine

Cold water

For the Filling

1 tablespoon cooking oil

200g vegetables of your choice (mushrooms, leeks, pepper, onions, courgettes)

1 jar white lasagne sauce*

20cm loose bottomed flan tin

Oven temperature: 200°C/400°F/Gas Mark 6

*usually free but doublecheck protein content on the label

Method

1. Make the pastry: place the Loprofin Mix in a large bowl, add the butter and margarine (cut into small pieces) and rub into the mix until the texture resembles coarse breadcrumbs.
2. Stir in sufficient water to give a soft, but not sticky, dough.
3. On a sheet of greaseproof paper, lightly knead the dough for a few seconds until smooth.
4. Roll out the dough and cover the flan tin.
5. Make the filling: heat the oil in a pan and cook the vegetables until softened.
6. Add the white lasagne sauce to moisten the vegetables and cook for 1-2 minutes.
7. Add the mixture to the pastry in the flan tin.
8. Place on a baking tray and bake in a preheated oven for 20-25 minutes until firm to the touch.

This recipe was provided Nutricia Metabolics