

Mushroom & Vegetable Pie

Ingredients

2 tablespoons of olive oil

1 medium onion, diced

250g thinly sliced mushrooms*

100g button mushrooms

2 medium carrots, diced

1 courgette, diced

1 red pepper

500ml vegetable stock

65ml soy sauce – check list for suitable brands

2 tablespoons of Fate Low Protein All-Purpose Mix

½ teaspoon thyme

Fresh ground black pepper to taste

½ portion of Fate Savoury Pastry

*May need to count exchanges

Method

1. Preheat oven to 180°C.
2. Heat olive oil in frying pan over medium-high heat.
3. Add onion and mushrooms and saute until well browned.
4. Add the carrot and stir.
5. Add vegetable stock, stir, bring to a boil then cover and reduce heat to simmer.
6. Simmer for 4-5 minutes then add courgette and red pepper and simmer for a further 4-5 minutes until the carrots are tender.
7. Stir in the soy sauce and balsamic vinegar. Sprinkle with Fate Flour.
8. Simmer and stir until sauce is thickened.
9. Remove from heat and stir in thyme and fresh ground black pepper.
10. Roll out Fate Savoury Pastry to size of pie plate and poke with fork (to allow steam to escape).
11. Pour contents of pan into pie plate and top with pastry.
12. Bake until pastry is cooked (15-20 minutes).

Fate Savoury Pastry

Ingredients

250g Fate All-Purpose Mix

½ teaspoon salt (not overly necessary)

125g butter or block margarine or vegetable fat

50ml water

A little extra fate flour to roll out

Method

1. Place Fate Mix into a mixing bowl and stir in salt. Rub in the butter until the mixture resembles fine breadcrumbs, and continue mixing until it resembles coarse breadcrumbs.
2. Add the water and mix quickly with a metal spoon until smooth. Don't worry if mixture very soft, just put in fridge to rest for a few minutes.
3. Lightly dust work surface with extra Fate All-Purpose mix and roll out half the pastry to cover pie plate.