



Christmas Vegetable Wellington

Pastry

250g Fate Low Protein All-Purpose Mix
125g Soft Margarine
1 tsp Dried Mixed Herbs
1 tsp Paprika
50ml water

Filling

150g Sweet Potato, peeled and chopped
2 tbsp Oil
100g Swede, peeled and diced
70g Carrot, peeled and diced
50g Parsnip, peeled and diced
100g Butternut Squash, peeled and diced
50g Leek, finely sliced
50g Onion, finely diced
1 tsp dried sage
1tsp dried thyme
1 Garlic Clove
Salt and Pepper to taste
20ml Water
2 tbsp Cranberry Sauce
20ml ProZero (plus extra for brushing)

- Rub the Fate All-Purpose Mix and the margarine together with your fingertips in a mixing bowl until it resembles coarse breadcrumbs.
- Add the paprika, mixed herbs and water to the breadcrumbs and stir until combined.
- Leave to rest for 10 minutes.
- Dust a clean work surface with Fate Low Protein All-Purpose Mix and knead the pastry until smooth.
- Roll the pastry out with a rolling pin into a 30cmx25cm rectangle.
- Meanwhile, boil the sweet potato chunks in water until soft.
- Drain the sweet potatoes and mash until smooth.
- In a separate pan, heat the oil over a medium heat and add the swede, carrot, parsnip, butternut squash, leek and onion and cook for 5 minutes.
- Add the herbs, garlic, salt and pepper and cook for another 5 minutes.
- Add the water and cook until it evaporates.
- Add the cranberry sauce and the mashed sweet potatoes and mix until combined.
- Cook for a further 5-10 minutes or until the vegetables are soft, then set aside and allow to cool slightly.
- Meanwhile, preheat the oven to 200°C/180°C fan/gas mark 6.
- Once the vegetables have cooled slightly, add the vegetable mixture to the centre section of the pastry, leaving enough room around the edges for the pastry to be folded over to cover the filling.
- Brush the sides of the pastry with the ProZero and fold the pastry sides in towards the centre, letting one side of the pastry overlap the other to seal.
- Turn the pastry parcel over so that the top is smooth and decorate using any spare pastry.
- Brush with ProZero and roast in the oven for 45 minutes.
- Remove from the oven, slice and serve.



Christmas Trimmings to be served with Vegetable Wellington			
Roast Sweet Potatoes	Roast Parsnips	Vegetables	Gravy
2 Sweet Potatoes	2 Parsnips	2 Carrots, chopped	15g Bisto Onion Gravy
2 tbsp Oil	2 tbsp Oil	½ Red Cabbage, sliced	Granules
2 tsp Mixed herbs	1 tbsp Golden syrup	100g Green beans	200ml Boiling Water
	2 tsp Thyme		

For the roasted sweet potatoes:

- Preheat the oven to 200°C/180°C fan/gas mark 6.
- Add the sweet potatoes, oil and mixed herbs to a bowl and massage with the seasoning until the potatoes are covered.
- Place on a baking tray and roast in the oven for 45 minutes or until caramelised and golden.

For the roasted parsnips:

- Preheat oven to 200°C/180°C fan/gas mark 6.
- Add the parsnips, oil and golden syrup to a bowl and massage with the mixture until the parsnips are covered.
- Place on a baking tray and roast in the oven for 45 minutes or until caramelised and golden.

For the carrots, red cabbage and green beans:

- Boil the carrots in a pan for 10 minutes.
- Add the red cabbage and green beans and boil for a further 5 minutes.

For the gravy:

- Add the Bisto gravy granules to a jug.
- Add 200ml boiling water and stir until dissolved.



Recipe provided by VitaFlo