

Five-a-day Veggie Pie

Watch the cook-a-long video www.ukharvest.org.uk/5-a-day-pie

Ingredients

- 700g butternut squash
- 130g peas
- 1 red onion
- 1 large leek
- 200g mushrooms
- ½ bunch chives
- 200g cream or crème fraiche
- 1 large cauliflower
- 2 tbsp cream cheese
- 3 tbsp olive oil



Serves 4

Method

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Peel and cut the squash into cubes and peel and cut the onion into wedges.
3. Add both to a baking tray, drizzle with oil, sprinkle with salt and mix well. Roast in the oven for 40 mins, turning occasionally.
4. Top and tail the leek, then cut it into chunky slices. Heat a tablespoon of oil over a low heat and fry the leek until soft (about 10-15mins).
5. Cut the mushrooms into quarters, then add them to the leeks and fry until cooked.
6. Chop your chives.
7. Mix all the ingredients (squash, onion, leek, mushrooms, frozen peas, chives and salt) together in a pie dish. Pour over the cream, mix well and flatten out the mix.
8. Remove the leaves from the cauliflower and cut into florets. Add to a pan of boiling water and boil until soft (10-15 mins).
9. Put the cauliflower, cream cheese and 1 teaspoon salt in a food processor/blender. Blend until smooth.
10. Spread the cauliflower mash on top of the pie filling until it evenly coats the veg mixture. Drizzle with olive oil and bake in the oven for 40 mins, until golden.

Swaps

Use potato, sweet potato or parsnip in place of the butternut squash.

Options

If you don't have a food processor, mash the cooked cauliflower with a fork or potato masher instead.