

MUSHROOM & BRAZIL NUT PIES

DINNER • SERVES 4 • PREPARATION TIME: 10 MINUTES PLUS 30 MINUTES CHILLING • COOKING TIME: 30 MINUTES

SERVING SIZE 177.8 G • ENERGY 2840 KJ • FAT 51.3 G • CARBOHYDRATE 34.4 G • SODIUM 2190 MG

The mushrooms give these pies a wonderfully dense flavour and texture. And they are very low in calories! Those who are coeliac or gluten intolerant can use gluten-free flour and breadcrumbs.

PASTRY

100 g plain wholemeal flour
50 g butter, chopped
milk, for glazing

FILLING

20 g butter
1 tablespoon extra virgin olive oil
1 onion, finely chopped
2 cloves garlic, finely chopped
125 g baby button mushrooms
1 tablespoon wholemeal plain flour

150 ml vegetable stock
175 g Brazil nuts, chopped
2 tablespoons tomato paste
75 g fresh wholemeal breadcrumbs
¼ cup finely chopped continental parsley
1 teaspoon ground black pepper

- Preheat the oven to 200°C (180°C fan-forced).
- To make the pastry, place the flour and butter in a food processor and pulse until the mixture resembles breadcrumbs. With the processor running, slowly add 1–2 tablespoons of water to form a dough. Tip the dough onto a floured work surface and lightly bring together to form a ball. Wrap in plastic wrap and chill in the refrigerator for 30 minutes.
- To make the filling, heat the butter and oil in a saucepan over medium heat until the butter has melted. Add the onion and garlic and sauté until softened. Add the mushrooms and cook for 5 minutes until soft. Add the flour and cook for 1 minute, stirring. Gradually add the stock and cook, stirring, until the sauce thickens (about 1 minute). Add the remaining filling ingredients, stir well and cook for 1–2 minutes. Set aside to cool.
- On a floured surface, roll out the pastry to about ½ cm thickness and cut out four 10 cm discs.
- Divide the filling between four 10 cm round ramekin dishes and top each with a pastry disc. Brush with milk.
- Place the ramekins on a baking tray and bake for 15–20 minutes until the filling is heated through and the pastry is cooked and golden brown.

TIPS

- These pies can be made vegan by using [vegan butter](#) and [soy milk](#).
- Try making one family pie using a [family-size pie dish](#). Roll out two large pastry rounds to fit your pie dish for a base and top.
- Serve the pies with a [tomato condiment](#).

