

MIXED BEAN, THYME & VEG PIE



QUICK

15 mins
prep time

HEALTHY

Mushrooms contain high amounts of copper, which is needed to produce blood cells and maintain heart health.

FAMILY



Feeds 6-8

MEALS

Delicious served with steamed veg and wholemeal rice

INGREDIENTS

- 1 x 400g tin mixed beans
- 4 mushrooms
- 1 big onion
- 2 carrots
- 1 celery stick
- 2 sprigs thyme or 1 tsp dried thyme
- 2 bay leaves
- 1 tbs veggie Worcester sauce
- 400 ml veg stock
- 1 tbs tomato puree
- 1 tbs cornflour
- 2 sheets filo pastry
- Handful freshly chopped parsley
- 2 x 1 tbs oil for frying
- Drizzle of oil
- S & P

METHOD

- 1) Preheat the oven to 180°C (Fan oven)
- 2) In a large frying pan, heat the oil
- 3) Dice the onion, carrot and celery
- 4) Roughly chop the mushrooms
- 5) Sauté the veg for 3-5 mins
- 6) Add thyme and bay leaves and sauté for another minute whilst you make the stock
- 7) Add tomato puree, Worcester sauce, stock,
- 8) Add the beans - drained
- 9) Mix 1 tbs cornflour with 1 tbs water and add to the simmering mix till it thickens.
- 10) Season with S & P
- 11) Transfer to an ovenproof dish
- 12) Chop the parsley and sprinkle on top
- 13) Scrunch up filo pastry sheets & layer it on top
- 14) Drizzle with oil and cook for 20-25 mins



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