



### Product Spotlight: Coastal Crunch

Coastal Crunch's lupin crumb is great for crumbing, as a pasta topping, or anywhere you would use breadcrumbs, and it's available in our Marketplace!



COASTAL

## Homity Pie

A hearty and warming pie chocked full of root vegetables, cooked with mustard gravy and cheddar cheese, baked with crunchy herb & garlic lupin crumbs and topped with fresh parsley.



30 minutes



4 servings



Vegetarian

14 April 2023

## To Peel, Or not To Peel!

*In most cases, we recommend leaving the peel on your fruits and vegetables! The peel contains a wealth of nutrition, and you will spend less time preparing your food!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	18g	22g



## FROM YOUR BOX

BROWN ONION	1
PARSNIPS	3
CARROTS	2
SWEDE	1
BROCCOLI	1
DIJON MUSTARD	2 jars
SHREDDED CHEDDAR CHEESE	1 packet
GARLIC & HERB LUPIN CRUMBS	1 packet (80g)
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary, cornflour

## KEY UTENSILS

large frypan, oven dish

## NOTES

We used individual oven dishes, but you can use one large one. No need to adjust the cooking time in the oven; the filling is already cooked, you just need to get the crumbs golden.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Slice onion. Add to pan as you go along with **2 tsp rosemary**. Sauté for 5 minutes.



### 2. SAUTÉ THE VEGETABLES

Meanwhile, dice parsnips, carrots and swede. Add to pan and cook for 2 minutes. Roughly chop broccoli (including stem) and add to pan.



### 3. SIMMER THE FILLING

Add mustard to a jug along with **2 1/2 tbsp cornflour** and **3 1/2 cups water**. Whisk to combine and pour into frypan. Simmer, semi-covered, for 10-15 minutes until thick and vegetables are tender. Season with **salt and pepper** and remove from heat.



### 4. BAKE THE PIES

Stir cheese through filling. Transfer filling oven dish (see notes). Sprinkle over lupin crumb and drizzle with **oil**. Bake for 5-8 minutes until golden.



### 5. FINISH AND SERVE

Finely chop parsley leaves.

Garnish pie with chopped parsley and serve tableside.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

