

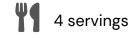




# **Homity Pie**

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.







# 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.



