



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lupin Crumb


We love lupin flakes as they are a rich source of protein and fibre! They are also gluten free and low in carbs.



1 Caramelised Leek and Broccoli Pie

Caramelised leek with broccoli and parsnips, baked into a pie with a fresh side salad.

 30 mins

 4 servings

 Plant-Based

11 June 2021

Make a mash!

Use mashed potato to top your pie, then sprinkle the lupin crumb over the top for a more traditional pie.

Per serve: **PROTEIN** 11g **TOTAL FAT** 12g **CARBOHYDRATES** 27g

FROM YOUR BOX

LEEK	1
PARSNIPS	4
BROCCOLI	1
SEEDED MUSTARD	2 jars
LUPIN CRUMBS	1 packet (70g)
SUGAR SNAP PEAS	1/2 bag (125g) *
MESCLUN LEAVES	1 bag

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried dill (or dried tarragon), flour (of your choice), seeded mustard, vinegar (of your choice)

KEY UTENSILS

large frypan, roasting dish

NOTES

You could add any number of extra flavours to this pie including a stock cube, fresh dill, as well as any hearty vegetables you may have in the fridge.



1. CAMELISE LEEK

Set oven to 220°C.

Heat a frypan over medium-high heat with **oil**. Thinly slice leek, add to pan as you go. Cook for 5-8 minutes until caramelised.



2. COOK PARSNIPS

Halve and thinly slice the parsnips, roughly chop broccoli, add to pan as you go with **2 tsp dried dill**, 1 jar mustard and **2 tbsp flour**. Stir to combine. Pour in **2 cups water**, season with **salt and pepper** (see notes), simmer for 4-6 minutes until thick.



3. BAKE THE PIE

In a small bowl, mix together lupin crumbs with **1 tbsp oil, salt and pepper**. Pour pie mixture into a roasting dish, top with lupin crumbs. Bake in the oven for 10-12 minutes until crumbs are golden brown.



4. MAKE THE SIDE SALAD

In a bowl whisk together 2 tsp mustard, **2 tbsp olive oil, 2 tsp vinegar, salt and pepper**. Slice sugar snaps peas, add to the bowl with mesclun leaves, toss together.



5. FINISH AND PLATE

Evenly divide salad and pie among plates.

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**

