



Sweet potato and fava bean pie (serves 2)

If you like traditional pies then try something different with these vegetarian versions. Here we replaced all the meat with fava beans and we supplemented the pie crust with buckwheat and fava bean flour. You will be impressed by how delicious a meat-free pie can taste!

Filling ingredients

1 teaspoon of hemp oil	70g drained fava beans
½ small onion	¼ of a cooked sweet potato, diced
¼ teaspoon of ground cumin	1 tablespoon of green peas
¼ teaspoon of ground coriander	1 tablespoon of chopped fresh coriander
¼ teaspoon of turmeric	1 teaspoon of lemon juice
Pinch of cayenne pepper	½ a beaten egg
½ clove of crushed garlic	2 tablespoons of water
½ teaspoon of grated fresh ginger	Pinch of salt
¼ teaspoon finely chopped fresh chilli	

Pastry

15g semi-skimmed milk
30g of water
11g Trex vegetable fat
10g low fat spread
35g strong white flour
40g fava or buckwheat flour
1 egg yolk
Pinch of salt

Method

1. Heat the oil in pan and gently fry onions for about 8 minutes, then add spices, garlic and chilli and fry for a further 2 minutes.
2. Add the peas and water and lightly crush the fava beans and sweet potato, add to the pan.
3. Add the coriander, salt and lemon juice. and the beaten egg and mix well. Leave the mixture to cool and move on to making the pastry.
4. Put the milk, water, fat and spread into small saucepan, heat until the fat has melted and the mix has just come to the boil.
5. Sift the flours together, stir in the salt and the egg yolk and mix well. Keep some of the egg yolk to glaze the pastry.
6. Mix the hot milk mixture into the flour bowl and stir well until the ingredients comes together.
7. Use a silicon muffin case as a mould to shape your pies.
8. Split the pastry into two balls, to make two individual pies, roll the pastry into circles and line the mould, trim the excess and keep for pie lid. Fill the pastry cases with the vegetable mix.
9. Roll out the pastry lids, moisten the edges with water, cover the pies and use your fingers to press the edges of pastry together, make a hole in the middle of each pie.
10. Bake in the oven for 20 minutes at 180°C/160°C fan/gas mark 4.
11. Let the pies cool for a few minutes, remove from mould, use the egg yolk to glaze top and sides of pies and put back in oven on a baking tray without the mould for a further 10 minutes.