



# UCOOK

## Veggie Pot Pie

with homemade shortcrust pastry & red wine

Hold onto your hats (and forks), because this recipe will knock your socks off. We're talking tender, rich, red wine gravy with onions, mushrooms, carrots, lentils & peas. Topped with a flaky, golden homemade pastry crust. Trust us, this is one pot pie you don't want to miss.

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**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 2 People


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**Chef:** Morgan Otten

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 Veggie

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 Waterkloof | False Bay Sauvignon Blanc

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## Ingredients & Prep

|       |  |
|-------|--|
| 400ml | Cake Flour   |
| 100g  | Butter<br><i>cut into small cubes</i>                |
| 1     | Onion<br><i>peeled &amp; roughly diced</i>           |
| 240g  | Carrot<br><i>trimmed, peeled &amp; roughly diced</i> |
| 250g  | Button Mushrooms<br><i>roughly sliced</i>            |
| 8g    | Fresh Thyme<br><i>rinsed &amp; picked</i>            |
| 20ml  | NOMU Provençal Rub                                   |
| 100ml | Red Wine   |
| 20ml  | Vegetable Stock                                      |
| 100g  | Peas   |
| 120g  | Tinned Lentils<br><i>drained &amp; rinsed</i>        |
| 40ml  | Sour Cream   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Cling Wrap  
Egg/s  
Milk

**1. MIX THE DOUGH** Preheat the oven to 200°C. Boil a full kettle. Place 320ml (about  $\frac{2}{3}$ ) of the flour in a bowl. Using your fingers, rub the butter cubes into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk 1 egg and a pinch of salt. Using a fork, mix the whisked egg into the flour mixture. Using your hands, bring the dough together. You don't want to over knead the mixture! Wrap in cling wrap and set aside in the fridge.

**2. FAB FILLING** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the diced onion & carrot until soft, 4-5 minutes (shifting occasionally). Add the sliced mushrooms,  $\frac{1}{2}$  the picked thyme, and the NOMU rub. Fry until fragrant, 2-3 minutes (shifting occasionally). Add 2 tbsp of the remaining flour and the wine. Mix until the flour is incorporated. Add the veg stock and 200ml of boiling water. Simmer, uncovered, until the sauce has slightly reduced, 3-4 minutes. In the final minute, mix through the peas, the drained lentils, and the sour cream. Remove from the heat. Season.

**3. GOLDEN PASTRY** Sprinkle some of the remaining flour on a flat surface. Remove the pastry from the fridge and place on the sprinkled flour. Dust a rolling pin (or bottle) and roll out the dough to 5mm thick. Spoon the pie filling into either individual ramekins or a small, deep oven-proof dish. Carefully lay the rolled out shortcrust pastry on top of the pie filling, trim off any excess, and push down the edges to seal. Lightly brush the top of the pastry with milk and use a knife to pierce a few holes in the pastry. Bake in the hot oven for 15-20 minutes, until the pastry is golden and cooked through.

**4. PIE TIME!** Serve up a hearty helping of veggie pot pie. Scatter over the remaining thyme and dive in!

## Chef's Tip

If you're feeling fancy, use a fork to crimp the edges of the pastry to create a pretty pattern! If you have any leftover egg after making the pastry, use it to brush the top of the pastry before baking.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 760kj   |
| Energy             | 182kcal |
| Protein            | 5g      |
| Carbs              | 24g     |
| of which sugars    | 2.7g    |
| Fibre              | 3.7g    |
| Fat                | 6.8g    |
| of which saturated | 3.5g    |
| Sodium             | 249mg   |

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook  
within 3  
Days