

# Vegan Pot Pie



## Recipe By Jaxters

**Ref:** 868

**Heading:** Bread & Baking

**Cuisine:** British & Irish

**Food Type:** Vegan

**No of Portions:** 6

## Ingredients & Prep

320 g Vegan puff pastry sheet from store  
brushing Aquafaba or coconut oil (optional)

### Filling

450 g Button mushrooms chopped

400 g Courgette chopped

200 g Carrot chopped

200 g Peas

1 Onion med finely chopped

2 Garlic clove finely grated

1 tbsp Soy sauce

2 tbsp Olive oil

1 tsp Dried thyme

1 tsp Freshly ground black pepper

### Sauce

160 g Raw cashew nuts

100 ml Hot Water

1 tbsp Lemon juice

2 tsp Marmite

1 tsp Garlic granules or powder

## Suggestion & Tips

Of course you can make your own pastry, also use different veg if you prefer.

## Method

**Step 1** - Place in a liquidiser or blender beaker or tall jug using a handstick blender the cashew nuts & boiling water & all to stand for 30 minutes.

**Step 2** - Place oil in a good sized frying pan over a med heat, then add onion & carrot to soften, then add garlic & fry off for a minute, then add courgette, mushrooms, thyme & soy sauce, stir fry until mushrooms are soft then add the peas & cook for 2 more minutes, take off the heat & allow to cool.

**Step 3** - Pre-heat oven to 180°C fan.

**Step 4** - Tip filling into a any shape pie dish (no need to blind bake a bottom pastry layer, you can if you wish with extra pastry), then cover to top with a sheet of pastry & trim off sides, then if you wish glaze by brushing the top with either chickpea can water (aquafaba) or coconut oil.

**Step 5** - Place in the oven for around 25 minutes or until golden brown on top.