

# Use what you have Veg Pie

Use up your:

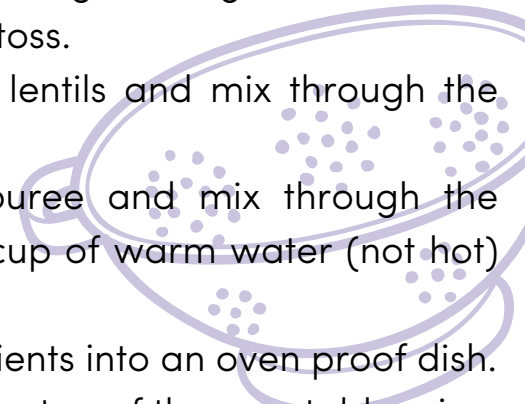


## Ingredients:

- Ready Made Pastry
- 2 potatoes diced
- 2 carrots diced
- 1 small onion diced
- 2 tablespoons of peas
- 1 tin of lentils drained
- Mixed herbs and cayenne pepper
- 2 tablespoon tomato puree

## Method:

- Heat the oven to 170c/150f/gas4.
- Place the veg into a large mixing bowl, add the herbs, pepper and toss.
- Add the peas and lentils and mix through the vegetables/herbs.
- Add the tomato puree and mix through the ingredients. Add 1 cup of warm water (not hot) and mix through.
- Transfer the ingredients into an oven proof dish. Roll out the pastry on top of the vegetable mix.
- Push the pastry into the sides of the dish, brush lightly with milk. Pierce 2 small slits into the middle of the pastry using a knife.
- Bake in the oven for 35-40 minutes.



# 5 ways to store veg



## Freeze them

Pre-cook carrots and potatoes before freezing



## Ice and water

Store limp carrots in cold water in the fridge to bring back their crunch



## Add an apple

An apple with your potatoes stops them from sprouting too soon



## Paper bags

Paper is great for absorbing excess moisture in mushrooms



## Kitchen roll

Just like paper bags, kitchen roll can make your salad last longer by absorbing excess moisture



## Chef's tip:

**Add minced meat or leftover roast chicken to the ingredients before baking.**

**Buy frozen veg to avoid food waste, they taste the same, last longer and take less time to cook.**

**For more tips**

**scan:**

