



Moroccan Vegetable Pie

with Feta and Couscous Crust



1h



4 Portions

Inspired by bastilla, the famed Moroccan pie, this vegetarian pot pie version with a tempting couscous crust delivers exotic flavour. Under the topping is a fragrant medley of roasted cauliflower and pumpkin, spiced chickpeas and tomato, with feta scattered over the top.

What we send

- diced tomatoes
- cauliflower
- chickpeas
- couscous ¹
- butternut pumpkin
- onion
- parsley
- feta ⁷
- ras el hanout spiced blend ^{1,17}

What you'll require

- boiling water
- olive oil
- sea salt and pepper
- water

Utensils

- large deep frypan or saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Oven temperatures are for fan-forced. For conventional ovens, increase by 20C.

Allergens

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 705kcal, Fat 33.1g, Carbs 66.9g, Proteins 25.1g



1. Roast vegetables

Read through the recipe. Heat the oven to 220C (see cooking tip). Peel **pumpkin** and cut into 2cm chunks. Cut **cauliflower** into small florets and the stem into 2cm pieces. Put pumpkin and cauliflower in a 2L (8 cup) ovenproof dish. Drizzle with **2 tbs olive oil** and season with **salt and pepper**. Toss to coat, then bake for 20 mins.



2. Prepare couscous

Meanwhile, put **the couscous** in a heatproof bowl, pour over **125ml (½ cup) boiling water** and **1 tbs olive oil** and cover with a plate. Stand for 5 mins or until the water is absorbed.



3. Cook aromatics

Drain and rinse the **chickpeas**. Finely chop the **onion**. Heat **2 tbs olive oil** in a large deep frypan over medium-high heat and cook the onion, stirring occasionally, for 3 mins or until golden. Add the **ras el hanout** and cook for 1 min.



4. Add tomato and chickpeas

Add the **tomatoes, chickpeas** and **80ml (⅓ cup) water** and season with **salt and pepper**. Bring to the boil, then cover, reduce the heat and simmer for 5 mins.



5. Combine ingredients

Meanwhile, when vegetables have baked for 20 mins, remove the dish from the oven and turn the oven grill on to high. Finely chop the **parsley**, including the stems. Stir the **tomato mixture** and **half the parsley** into the pumpkin and cauliflower. Crumble the **feta**.



6. Get ready to serve

Fluff the **couscous** with a fork. Scatter the **couscous** and **feta** evenly over the vegetables and grill for a further 10 mins or until light golden. Scatter with the **remaining parsley** to serve.