



Vegetable and Feta Pie

with Pita Crust



30-40min



2 Portions

This rustic, vegetable-rich pie takes its flavour cues from the Mediterranean, where fresh produce is king. In amongst the delicious pumpkin, cauliflower, broccoli, peas and butter beans, you'll find Vitamin C, potassium, folate, manganese and iron, not to mention protein and a ton of fibre.

What we send

- broccoli, cauliflower
- butternut pumpkin
- peas
- butter beans
- feta ⁷
- vegetable stock cube
- garlic
- Greek pita bread ^{1,6}

What you'll require

- boiling water
- Dijon mustard ¹⁷
- egg ³
- olive oil
- sea salt and pepper

Utensils

- medium saucepan

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

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

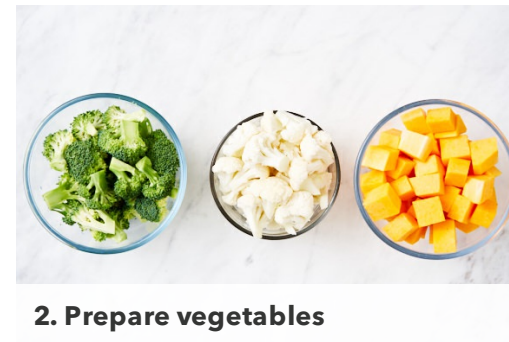
Nutrition per serving

Energy 540kcal, Fat 20.3g, Carbs 45.7g, Proteins 32.7g



1. Make stock

Preheat the oven to 220C. Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a medium saucepan, add **250ml (1 cup) boiling water** and stir to combine.



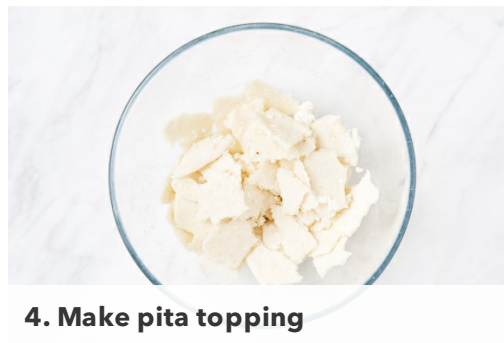
2. Prepare vegetables

Peel and cut the **pumpkin** into 2cm chunks. Cut the **cauliflower** and **broccoli** into small florets.



3. Cook vegetables

Add the **pumpkin** and **cauliflower** to the stock. Bring to the boil, cover and cook over medium-high heat for 8 mins. Add the **broccoli** and cook, uncovered, for 4 mins. Add the **peas** and cook for a further 2 mins or until the vegetables are tender. Remove from the heat.



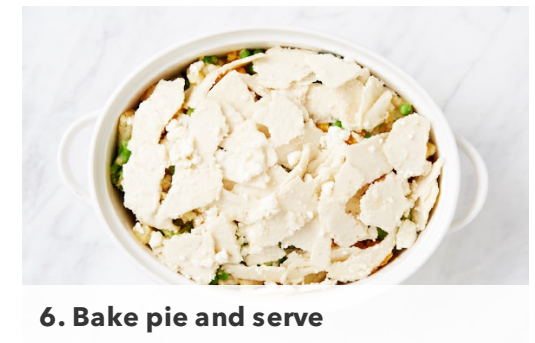
4. Make pita topping

Meanwhile, tear **1 pita** (the remaining pita won't be used in this dish) into bite-size chunks. Finely chop or crush the **garlic**. Put the pita, garlic and **1 tbs olive oil** in a bowl, crumble over the **feta** and mix to combine.



5. Puree butter beans

Drain the vegetables, reserving **60ml (¼ cup) stock**. Drain and rinse the **butter beans**. Put the beans, reserved stock, **1 tbs Dijon mustard** and **1 egg** in a large bowl and process with a stick blender or food processor until smooth. Season with **salt and pepper**. Add the vegetables and gently stir to combine with the bean mixture.



6. Bake pie and serve

Spoon the **vegetable mixture** into a 1.5L (6 cup) baking dish and scatter over the **pita topping**. Bake for 12-15 mins until the topping is crisp and golden and the filling is set. Divide among bowls to serve.