



Mushroom, leek and fava bean pie (serves 2)

Ingredients

15g lighter butter	1 teaspoon wholegrain mustard
¼ of a finely sliced leek	1 tablespoon of plain flour
4 diced mushrooms	130g semi-skimmed milk
50g cooked fava beans	Pinch of salt and pepper
2 thyme sprigs, leaves picked	

Method

1. Melt half the butter in a pan and gently fry the leeks for 5 minutes.
2. Add the mushrooms and fry for a further 6-8 minutes, stir through the fava beans, mustard and thyme, then empty into a bowl.
3. Using the same pan start to make a white sauce by mixing together the rest of the butter and the flour, stir for a few minutes then gradually mix in the milk and cook until sauce has thickened.
4. Season the white sauce and stir in the vegetable mix.
5. Use the same method to prepare and bake the pastry as for the sweet potato and fava bean pie but with the above mix as the filling.

Mushroom, leek and fava bean pie

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	687kj 164kcal	5.7g	9.1g	3.2g	15.4g	2.7g	3.7g	0.3g
Per Pie	1031kj 246kcal	8.5g	13.6g	4.8g	23g	4.1g	5.6g	0.5g

Sweet potato and fava bean pie (previous page)

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	854kj 204kcal	7.4g	10.0g	2.6g	20.6g	4.0g	5.7g	0.3g
Per 190g Serving	1153kj 276kcal	9.9g	13.4g	3.5g	27.8g	5.5g	7.6g	0.4g