



Product Spotlight: Coastal Crunch

Coastal Crunch's lupin crumb is great for crumbing, as a pasta topping, or anywhere you would use breadcrumbs, and it's available in our Marketplace!



COASTAL

Homity Pie

A hearty and warming pie chocked full of root vegetables, cooked with mustard gravy and cheddar cheese, baked with crunchy herb & garlic lupin crumbs and topped with fresh parsley.



30 minutes



2 servings



Vegetarian

14 April 2023

To Peel, Or not To Peel!

In most cases, we recommend leaving the peel on your fruits and vegetables! The peel contains a wealth of nutrition, and you will spend less time preparing your food!

Per serve: **PROTEIN** 35g **TOTAL FAT** 35g **CARBOHYDRATES** 30g

FROM YOUR BOX

BROWN ONION	1
PARSNIP	2
CARROT	1
SWEDE	1
BROCCOLI	1
DIJON MUSTARD	1 jar
SHREDDED CHEDDAR CHEESE	1 packet
GARLIC & HERB LUPIN CRUMBS	1 packet (40g)
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary, cornflour

KEY UTENSILS

large frypan, oven dish

NOTES

We used individual oven dishes, but you can use one large one. No need to adjust the cooking time in the oven; the filling is already cooked, you just need to get the crumbs golden.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Slice onion. Add to pan as you go along with **2 tsp rosemary**. Sauté for 5 minutes.



2. SAUTÉ THE VEGETABLES

Meanwhile, dice parsnip, carrot and swede. Add to pan and cook for 2 minutes. Roughly chop broccoli (including stem) and add to pan.



3. SIMMER THE FILLING

Add mustard to a jug along with **1 1/2 tbsp cornflour** and **2 cups water**. Whisk to combine and pour into frypan. Simmer, semi-covered, for 10-15 minutes until thick and vegetables are tender. Season with **salt and pepper** and remove from heat.



4. BAKE THE PIES

Stir cheese through filling. Transfer filling oven dish (see notes). Sprinkle over lupin crumb and drizzle with **oil**. Bake for 5-8 minutes until golden.



5. FINISH AND SERVE

Finely chop parsley leaves.

Garnish pie with chopped parsley and serve tableside.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

