

## TASTE WITHOUT WASTE

### Creamy Cannellini Bean and Vegetable Pies

Makes 4 to 5 pies (10cm diameter)

#### Ingredients

1 small carrot, chopped into 1cm dice  
100g pumpkin, peeled, de-seeded and chopped into 1cm dice  
50g orange sweet potato, peeled and chopped into 1cm dice  
80g frozen peas and corn  
1 tbsp sunflower oil  
1 small leek (roughly 80g), white part only, finely sliced  
1 clove garlic, crushed  
1 heaped tsp flour  
40ml white wine  
80ml single cream  
125ml vegetable stock  
2 tsp fresh thyme, finely chopped  
100g cannellini beans (about ½ can), drained and rinsed  
Sea salt  
Freshly ground black pepper  
2-3 sheets (about 500g) frozen shortcrust pastry (or use homemade!)  
1 egg, lightly beaten with a little milk

#### Method

Bring a small pot of water (preferably with a steamer basket) to the boil. Boil/steam the carrot, pumpkin and sweet potato for 4 minutes. Add the peas and corn and cook for a further 2 minutes or until the veg are just tender. Drain, refresh under cold water and set aside.

Meanwhile, place a frying pan over a medium-low heat. Add the sunflower oil and when warm toss in the leeks and garlic. Cook, stirring regularly for about 2 minutes or until softened but not coloured. Add the flour and cook for 1 minute, stirring constantly. Pour in the white wine and allow it to 'fizz', still stirring all the while. After about 30 seconds the wine should appear to disappear and be soaked up by the leeks. Now pour in the cream and vegetable stock and add the thyme. Simmer for 3 minutes, stirring occasionally, or until the sauce thickens.

Remove the frying pan from the heat and transfer the sauce to a large bowl. Season well with salt and pepper. Roughly mash half of the cannellini beans with a fork and stir through the sauce until well combined. Gently stir through the remaining cannellini beans and the cooked vegetables. Set aside until cooled (at least an hour). Once the mixture has cooled, preheat the oven to 200C. Bring the pastry sheets to room temperature, following the directions on the packet. Grease your chosen pie dishes (I used 4 10cm diameter dishes and 2 muffin holes).

Cut out circles of pastry and press into the pie dishes, ensuring they come all the way up the sides of the dish and a little over the top (you want to make a rim to seal the pies). Use a fork to poke a few holes in the pastry at the bottom of each dish. Distribute the filling between your pastry cases. Now cut out circles for the top of each pie. Carefully place on top of the filling and press the edges into that of the pastry case to form a rim. Crimp with your thumb or the tines of a fork to ensure that the edges are sealed. Use a small knife to cut a slit in the top of each pie to allow steam to escape when cooking. Brush the top of each pie with the beaten egg and milk.

Bake for 25 to 30 minutes or until the pastry is golden brown.

Set on a wire rack to cool for five minutes before running a spatula around the edges and turning the pies out.

Best served hot. The pies will keep for 2-3 days in the refrigerator. To reheat, pop in a moderate oven for 10-15 minutes or until warmed through.

Source: *A Taste Without Waste original.*  
Printed from: [www.tastewithoutwaste.com](http://www.tastewithoutwaste.com)