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## Mushroom Pot Pie

Makes 4 individual pies

### INGREDIENTS

- 4 medium onions, chopped
- 6 medium carrots, chopped
- 5 garlic cloves, chopped
- 2 cups green peas
- 2lbs mixed chopped mushrooms (whatever your budget or taste buds prefer)
- 2 cup mushroom stock (or veg or chicken)
- 4 sprigs thyme
- ¼ cup Butter
- ¼ cup flour
- 2 cups milk or milk substitute
- Frozen puff pastry (thawed)

Preheat the oven to 375F.

In a large pot on low heat, sweat the onions, carrots and garlic. Once soft, after about 10 minutes, crank up the heat and add the mushrooms & thyme. Stir for 5 minutes and add the stock. Simmer on medium heat for another 5 minutes.

In a small saucepan, on medium-low heat, melt the butter and stir in the flour. Stir till just slightly more golden 2-3 minutes. Whisk the milk into the roux (the mix of butter and flour) making sure not to leave any clumps. Mix the bechamel you just made with the mushrooms and add the peas. You should have a thick mixture. Pour into a mold of any size, it can be individual portions or larger.

Cut your puff pastry to fit your mold and place on top. Brush with a beaten egg, and cook at 375F for 30 minutes, or until the crust is crispy and golden.

Adapted from The Bite House <https://thebitehouse.com/blog/2012/01/31/mushroom-pot-pie>

## Roasted Vegetable Salad

### Ingredients

- 1 bunch golden beets
- 10oz green beans trimmed
- 4 scallions roughly chopped
- olive oil

Preheat oven to 400F. Line a baking tray with parchment. Trim the beetroot leaves and discard any that aren't in prime condition. Scrub the beetroots clean with a vegetable brush, ¼ them, place them in a bowl and drizzle some oil and kosher salt over them. Give the bowl a few tosses to coat then pour them onto the parchment and roast for 20 minutes.

Place the beans in the same bowl, drizzle again with oil and salt and toss to coat. At 20 minutes add the beans to the beats in the oven and cook for 15 more minutes.

Chop the beetroot leaves and stems into 2 inch pieces along with the spring onion. Repeat the oil, salt and bowl toss and add the leaves and stems after 35 minutes and bake for the final 10 minutes.

Modified from <https://www.notquitenigella.com/>