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Vegan Magazine

Sept / Oct 2019

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RECIPES



Fall Vegetable Pot Pies

A RUSTIC HOLIDAY DISH

By Francesca of Seven Roses

These delicious home-style Fall Vegetable Pot Pies are stuffed with a rainbow of creamy fall veggies, including root vegetables, carrots and romanesco broccoli, and covered by a puff-pastry crust. What a satisfying, comforting meal!

PREP TIME:
30 Minutes

COOK TIME:
40 Minutes

TOTAL TIME:
1h 10m

INGREDIENTS

- 1 sheet puff pastry
- 2 cups vegetables see notes*
- ½ cup frozen peas
- 1 onion diced
- 1 leek diced
- 2 tbsp olive oil
- 1 tsp garlic powder
- 3 tbsp all-purpose flour
- 1 cup plant-based milk
- 1 tsp thyme
- 2 bay leaves
- 1 pinch salt and pepper
- 1 cup vegetable broth

INSTRUCTIONS

1. Preheat oven to 190°C/375°F. Dice and combine the vegetables minus the frozen peas in a non-stick pan. Toss with 1 tbsp of olive oil (or a splash of water) and cook on medium/high for around 10 minutes.
2. In the meantime, roll the puff pastry out on a lightly floured surface. Carefully cut out disks big enough to cover your ramekins (I used the lids as a pattern) leaving half a cm for crimping.
3. Back to the veggies: add the plant-based milk to the pan, sift in the flour and stir as to coat all the vegetables. Add the crushed pepper, salt (if using), thyme and bay leaves and cook for 2 more minutes.
4. Slowly add 1 cup of vegetable stock, stirring constantly. Let the mixture cook and thicken for 5–10 minutes. The squash and celeriac cubes should be tender enough to easily pierce with a fork, but not so tender that they fall apart. Remove the bay leaf.
5. Transfer the vegetables in the ramekins, add the peas and stir gently to combine. If the mixture seems too dry, add more vegetable stock until it is creamy and stew-like.
6. Fill the ramekins just below the rim and dampen the edge of the ramekin with a little water, on your finger tip. Place the puff pastry over the top and crimp the edges with a fork (or your finger tip) pressing down. Make an X-shaped slit for the steam to release while cooking, and brush with a little olive oil.
7. Bake the pot pies for 20 minutes at 190°C/375°F, or until the crust is crisp and browned. Allow to cool for 5 minutes before serving with a fresh salad. Place the hot ramekins on serving plates and enjoy.



Francesca (SevenRoses)

Francesca is an entrepreneur and creator at sevenroses.com. She aims to promote a love for cooking delicious, Vegan recipes, DIY, and cruelty-free beauty; all this and more can be found on her many platforms.

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