

# Mushroom, spinach & potato pie

## Ingredients

- 400g baby spinach
- 1 tbsp olive oil
- 500g mushroom
- 2 garlic cloves, crushed
- 250ml vegetable stock (made from half a low sodium vegetable stock cube)
- 300g cooked new potatoes, cut into bite-sized pieces
- 1 tbsp grain mustard
- 1 tsp freshly grated nutmeg
- 2 heaped tbsp light crème fraîche
- 3 sheets filo pastry



### To accompany

- 300g each green beans and broccoli, steamed

## Method

1. Heat oven to 200C/180C fan/gas 6.
2. Wilt spinach in a colander by pouring a kettleful of hot water over it.
3. Heat half the oil in a large non-stick pan and fry mushrooms on a high heat until golden.
4. Add garlic and cook for 1 min, then tip in stock, mustard, nutmeg and potatoes. Bubble for a few mins until reduced.
5. Season, then remove from the heat; add crème fraîche and spinach.
6. Pour into a pie dish and allow to cool for a few mins.
7. Brush filo with remaining oil, quarter sheets then loosely scrunch up and lay on top of pie filling.
8. Bake for 20-25 mins until golden. Serve with vegetables.

## Notes

A low fat, super-healthy, vegetarian midweek meal - **you can even freeze any leftovers for later.**

kcal	fat	saturates	carbs	sugars	fibre	protein	salt	Serves
215	8g	2g	29g	4g	5g	9g	0.77g	4