



FOTO: SANNA LUVIN WESELL

CLIMATE IMPACT
PER PORTION

0,4 kg
CO₂e

🍴 6 PORTIONS

🌡️ 200°C

🕒 60 MIN

AMANDA HELLMAN AND JESSICA HELLSTEDT

VEGAN PIE WITH SPINACH AND MUSHROOM

Bake a wonderfully creamy and fantastically tasty vegan pie with a filling of spinach and mushroom. Instead of egg products based on oats and grated vegan cheese make this pie vegan friendly.

INGREDIENTS

PIE SHELL

- 2 dl Wheat flour
- 1 dl Graham flour
- 3 tbsp Sesame seed
- 1/2 tsp salt
- 125 g Dairy-free margarine
- 2,5 tbsp Water, cold

PIE FILLING

- 1 pc Leek(s)
- 2 pcs Garlic clove(s)
- 500 g Mushrooms
- 1 tbsp rapeseed oil
- 250 g Fresh leaf spinach
- 1 tsp Chili flakes
- 1/2 tsp Paprika seasoning
- 1 tsp Salt
- 2 ml Black pepper, ground

VEGAN 'EGG' CUSTARD

- 100 g Vegan pizza cheese
- 2,5 dl Oat cream
- 1/2 dl Oat drink
- 3/4 dl Wheat flour
- 1 tsp Paprika seasoning
- 1 tsp Salt
- 2 ml Black pepper, ground

DECORATION

- 6 pcs Cocktail tomatoes

INSTRUCTIONS

PIE CRUST

- Heat the oven to 200 degrees Celsius.
- Measure wheat flour, graham flour, sesame seeds and salt in a bowl.
- Add refrigerated vegan margarine cut into small pieces. Finely distribute the margarine with your fingertips or run everything in a food processor.
- Add cold water and quickly knead together into a smooth dough. Press the dough into a pie form and place in the refrigerator for about 20 minutes.

PIE FILLING

- Rinse and finely chop the leek and peel and finely chop the garlic. Clean mushrooms and cut into quarters.
- Heat the rapeseed oil in a frying pan. Sauté leek and garlic over medium heat until softened.
- Add mushrooms, raise the heat and fry until all liquid has disappeared.
- Add fresh leaf spinach and fry with the onion and mushroom mixture until everything has softened and all liquid has evaporated.
- Season with chili flakes, paprika, salt and ground black pepper. Reserve.

PIE CRUST

- Take the pie crust out of the fridge and crimp the rim of the pie dough with a fork. Pre-bake the pie shell in the oven for about 10 minutes, until it has taken on colour.

VEGAN 'EGG' CUSTARD

- Coarsely grate some cheese. Whisk together oat cream and oat drink in a bowl.
- Add wheat flour and beat well to a smooth batter. Season with paprika, salt and ground black pepper. Stir the grated cheese into the mixture.

PIE

- Spread the mushroom and spinach mixture evenly over the pre-baked pie shell. Pour over vegan batter.
- Decorate the pie with halved cherry tomatoes. Bake in the oven for about 30 minutes.



TO MEET THE ONE PLANET PLATE CRITERIA: Choose organic wheat flour, graham flour, sesame seed.