Dinner

Wild Mushroom and Herb Lattice Pies

Deeply savoury mushrooms and rice, fragrant with tarragon and parsley, are baked under crisp pastry lattices finished with nigella seeds.

70 min	237	28 g	7.4 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 4 servings

- [ ] 30 g dried porcini mushrooms
- [ ] 60 g dried basmati and wild rice
- [ ] Low-calorie cooking spray
- [ ] 1 onion, finely chopped
- [ ] 4 garlic cloves, crushed
- [ ] 1 large leek, thinly sliced
- [ ] 3 portobello mushrooms, roughly chopped
- [ ] 200 g chestnut mushrooms, halved
- [ ] 200 g mixed mushrooms
- [ ] 200 g baby button mushrooms
- [ ] 1 low salt vegetable stock pot or cube, suitable for vegans
- [ ] Half small pack fresh tarragon, leaves chopped
- [ ] Half small pack fresh parsley, leaves chopped
- [ ] 80 g ready-rolled shortcrust pastry
- [ ] 2 tsp nigella (or black onion) seeds

Nutrition Facts

Per serving

Calories	**237**
Total fat	7.7 g
Saturated fat	2.6 g
Sodium	Not listed
Total carbs	28 g
Fiber	7.9 g
Total sugars	7.4 g
Protein	11 g

Method

- [ ] 1 Tip the dried porcini mushrooms into a small heatproof bowl, pour 250ml boiling water over them and cover. They need 20 minutes in that soak. Use this time to cook the dried basmati and wild rice as the pack directs, draining it and putting it to one side once done.
- [ ] 2 Take a non-stick frying pan, add a couple of pumps of low-calorie cooking spray and set it over a medium heat. Fry the finely chopped onion in it for 5 minutes. Pour the porcini mushrooms and their soaking water through a fine sieve, keeping the liquid back, then roughly chop the mushrooms and slide them into the pan with the crushed garlic cloves for 1 minute of cooking. Next come the thinly sliced leek, the roughly chopped portobello mushrooms, the halved chestnut mushrooms, the mixed mushrooms and the baby button mushrooms, all of which get stir-fried for 5-6 minutes. Tip in the reserved porcini liquid along with the low salt vegetable stock pot or cube, suitable for vegans, and let everything cook for a further 5-6 minutes. Work the cooked rice through, season lightly with pepper, then pull the pan off the heat and leave the filling to cool.
- [ ] 3 Heat the oven to 220°C/fan 200°C/gas 7.
- [ ] 4 Fold the chopped leaves from the fresh tarragon and the fresh parsley through the cooled filling, then spoon it evenly into 4 individual pie dishes.
- [ ] 5 Roll the ready-rolled shortcrust pastry a little thinner and slice it into long strips roughly 5mm wide. Lay the strips across each pie to form a lattice, pressing them down at the edges, then give them a pump of low-calorie cooking spray and a scattering of the nigella (or black onion) seeds. Bake for 20-25 minutes and serve 1 pie per person with your favourite veg, such as green beans and broccoli.

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