

Flavoursome Vegan Mushroom Pies



Ingredients

- 1 onion, diced
- 2 garlic cloves, minced
- 4 cups mushrooms, diced
- 1 zucchini, diced
- 1/2 tsp moroccan seasoning
- 2 tbsp soy sauce
- 2 tbsp maple syrup
- 2 tbsp tomato paste
- 1 can coconut milk (full fat)
- 1 handful of spinach, cut finely
- Puff pastry sheets

Method

- Pre-heat oven to 180c
- In a frypan, brown onion, garlic and mushrooms for roughly 5 minutes. Add zucchini and stir for a further 5 minutes
- Add moroccan seasoning, soy sauce, maple syrup and tomato paste. Stir and cook for 2 minutes
- Stir in coconut milk and spinach, mix well. Cook until sauce thickens
- Prepare an oven proof muffin/pie tray and add puff pastry base. Spoon in mixture and top with puff pastry, seal and brush with oil - 3 to 4 sheets of puff pastry should make about 12 pies
- Bake in the oven for 30 minutes or until golden brown

