

# Jackfruit Pot Pies



## Ingredients

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- 1 large onion, diced
  - 1 large carrot, diced
  - 1 large potato, diced
  - 1 cup frozen peas,
  - 2 cups veggie stock
  - Sprigs of rosemary
  - 800g canned jackfruit, drained and shredded
  - 2 tbsp vegan butter
  - 6 tbsp plain flour
  - 2 cups soy milk
  - Handful of vegan cheese, grated
  - Salt & pepper
  - 3 puff pastry sheets
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## Method

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- Preheat your oven to 180c
- Add oil, onion, carrot, potato, peas, stock, rosemary and jackfruit to a pan on medium heat. Stir and simmer for 15 minutes.
- Meanwhile, using a small pot on medium heat, add vegan butter and plain flour. Stir using a whisk to combine
- Once combined, pour in soy milk. Continue to whisk constantly until sauce thickens.
- Once thickened, turn off heat and add a handful of vegan cheese. Stir to combine
- Remove rosemary from pan and add sauce. Mix to combine, cooking for a few minutes and adding salt and pepper to taste.
- Prepare an oiled muffin tray with puff pastry sheets. Add about a tbsp of mixture into each, cover with puff pastry.
- Place in oven at 180c for about 25 minutes or until golden brown.
- Mixture makes about 24 pies!

