

Pumpkin and Lentil Pie



These pies may look like a lot of work, but don't be fooled. These delicious vegetarian pies are simple to prepare, healthy and bursting with flavour.

Ingredients

400 g canned lentils, drained
400 g butternut pumpkin, 3 cm cubes
1 small red onion, cut in wedges
1 capsicum, diced
3/4 cup ricotta cheese
3 shortcrust pastry sheets, thawed
1 egg, for egg wash

Method:

1. Preheat oven to 180C
2. Line a baking tray with greaseproof paper and arrange the pumpkin, red onion, capsicum in a single layer. Drizzle vegetables with olive oil and season with salt and pepper. Roast for 15

minutes or until vegetables are tender. Remove from the oven and set aside to cool.

3. In a bowl, combine the roasted vegetables with the lentils and ricotta
4. Cut the pastry with a 12-13 cm round cutter. Line a 10 cm fluted pie tin with the pastry, pressing edges down then place filling in the centre. Cut another pastry round and place it over the filling before pinching the edges to close the pie. Trim off excess pastry, make a slit on top with a sharp knife then brush with egg wash.
5. Place pies in the oven and bake for 25 - 30 minutes or until pastry is golden brown.