

# Vegetable and Nutmeat Pie (vegetarian)

By Julie Thompson, Blackalls Park NSW

## Filling

### Ingredients:

2 cups (700g) mixed vegetables  
(e.g. onions, potatoes, parsnips, sweet  
potatoes, carrots, celery, peas, corn  
kernels)  
1 tin Sanitarium Nutmeat, diced  
165g coconut cream  
½ cup water  
½ sachet of Vissot Cambodian Curry  
paste, dissolved (see below)

### Method:

- Fry onion until tender
- Add Vissot curry paste
- Add coconut cream, water and  
vegetables
- Bring to the boil and simmer until  
cooked
- Add Nutmeat
- Stir in cornflour to thicken if too runny



## Pastry

### Ingredients:

½ cup water  
½ cup olive oil  
½ tsp salt  
1 ¼ cups rolled oats  
1 ¼ cups whole wheat flour

### Method:

- Blend water, oil and salt until they are well  
mixed (blender is best)
- Add the flour and rolled oats and continue  
mixing until combined
- Tip onto flat surface and knead lightly until a  
good pliable consistency
- Roll out half the mixture to required size, place  
it in the pie dish and trim the edges
- Fill with the filling
- Roll out remaining pastry and wet the edges  
with water and lay on top
- Press around the edges to seal and put slits in  
the centre and around the sides
- Bake in Moderate oven until the pastry is  
nicely browned

**Variation (pictured)** - flatten pastry in muffin  
tins, curling the edges inwards slightly. Bake for  
about 10 mins and then fill with curry mixture  
and serve.

## Dissolving the Paste:

Cut paste into 5mm wide  
strips:



Place in a small bowl and  
add **hot** water until almost  
covered (2 tbs for 1/2  
sachet):



Soak for 10 minutes  
(microwave to dissolve  
faster). Mash into a smooth  
paste with the back of a  
spoon:

