

# Vegetable and Nutmeat Pie (vegetarian)

By Julie Thompson, Blackalls Park NSW

## Filling

### Ingredients:

- 1 **onion**, chopped
- 1 tbs **vegetable oil**
- ½ sachet of **Vissot Cambodian Curry paste**, dissolved in 2 tbs water (see below)
- 165g **coconut cream**
- ½ cup **water**
- 1 ½ cups (500g) **mixed vegetables**, chopped (e.g. potatoes, parsnips, sweet potatoes, carrots, celery, peas, corn kernels)
- 1 tin **Sanitarium Nutmeat**, diced
- **Cornflour** (if required)

### Method:

1. Fry onion until tender
2. Add Vissot curry paste
3. Add coconut cream, water and vegetables
4. Bring to the boil and simmer until cooked
5. Add Nutmeat
6. Stir in cornflour to thicken if too runny



Please rate this recipe: [www.jomnin.org/vegetable-and-nutmeat-pie](http://www.jomnin.org/vegetable-and-nutmeat-pie)

## Pastry\*

### Ingredients:

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

\*Alternatively, use a ready-made shortcrust pastry

### Method:

1. Blend water, oil and salt until they are well mixed (blender is best)
2. Add the flour and rolled oats and continue mixing until combined
3. Tip onto flat surface and knead lightly until a good pliable consistency
4. Roll out half the mixture to required size, place it in the pie dish and trim the edges
5. Fill with the filling
6. Roll out remaining pastry and wet the edges with water and lay on top
7. Press around the edges to seal and put slits in the centre and around the sides
8. 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.

We can help Cambodia by sharing this recipe and the Vissot curry with friends

## Dissolving the Paste:

Cut paste into 5mm wide strips and place in a small bowl:



Add water until almost covered (2 tbs for 1/2 sachet). Microwave on high until soft (about 15 seconds):



Mash into a smooth paste with the back of a spoon:



**Alternative to microwaving:** soak in hot water for 10 minutes