



## CRISPY TOPPED VEGETARIAN PIE

**Vegetarian Main:** This recipe provides a portion of starchy food and non-dairy source of protein. It counts towards the standard to provide a portion of starchy food each day and portion of non-dairy source of protein for vegetarians at least three days each week.

Recipe adapted from: Derbyshire County Council

### Ingredients

150g carrots, peeled and sliced  
 150g cauliflower, trimmed  
 150g broccoli, trimmed  
 11ml (1tbsp) vegetable oil  
 85g onion, peeled and finely chopped  
 2g (½ clove) garlic, peeled and finely chopped  
 800g canned chopped tomatoes  
 65g tomato purée  
 1kg for primary or 1.3kg for secondary  
 cannellini beans, drained (drained weight primary 600g, secondary 800g)  
 1.7kg potatoes, peeled and thinly sliced  
 170g reduced-fat cheese, grated

### Method

1. Pre-heat the oven to 180oC/350oF/gas mark 4.
2. Steam the vegetables until tender, drain and leave to cool.
3. Heat the oil in a pan and add the onion. Cook until softened.
4. Add the garlic and cook for a further minute. Add the chopped tomatoes and tomato purée and combine.
5. Mix all the vegetables and beans with the tomato mix and put into tin.
6. Top with the potatoes and sprinkle with cheese.
7. Bake in the oven for approximately 30 minutes until golden and reaches the required core temperature.

**Serving suggestion:** with a seasonal salad.



#### Number of portions this recipe makes:

12 primary servings (325g)  
 8 secondary servings (510g)



**Prep:** 15 minutes  
**Cook:** 1 hour



**Allergy information:**  
 Milk, sulphites



#### Top Tips

Use a stronger tasting cheddar as you need less.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats & choose hard yellow cheese which has a maximum total fat content of 25g/100g.