

## Cornish Pasty



### Ingredients (makes 2 pasties):

- 100g/1 large potato, peeled and diced
- 60g/1/2 sweet potato, peeled and diced
- 100g swede (optional), peeled and diced
- 80g carrot, peeled and diced
- Handful of garden peas
- 1 tbsp olive oil
- 1 small onion
- 100g vegan minced meat
- 1 garlic clove
- 1 tsp yeast extract / marmite
- 1 tsp vegan soy sauce
- Salt and pepper to taste
- Ready rolled shortcrust pastry
- Egg replacer or dairy-free milk alternative to glaze

### Make:

1. Preheat oven to 180°C. Peel and dice the potatoes and carrot (and swede if using). Boil in pan of water for about 8 to 10 minutes until vegetables are tender but firm.
2. Add a handful of peas for final few minutes of cooking.
3. In a separate pan cook the onions in the olive oil over a medium heat.
4. Add the vegan minced meat to the pan and stir for 3-4 minutes
5. Add the yeast extract, garlic, salt and pepper and stir into the onions
6. Add the potato, carrot, peas and swede into the onion and meat and mix well.
7. Roll out the shortcrust pastry and cut two circles about 20cm diameter each (tip: use a small side plate to cut around).
8. Divide the filling into two and spoon half into the centre of each pastry circle. Pull the pastry around the filling evenly and pinch the two pastry edges together, crimping the edges of the pastry to achieve the Cornish pasty look.
9. Glaze the pasties with non-dairy milk or egg replacer (1 tsp mixed with water)
10. Bake the pasties on a baking tray in the oven for 22-25 minutes until golden.

