

Chargrilled Vegetable Pies

Serves: 6

Prep time: 10 minutes

Cook time: 60 minutes



2 serves per portion

Ingredients

Extra virgin olive oil spray

400g butternut pumpkin, peeled and cut into 1cm slices

1 small eggplant, cut into 5mm slices

1 red capsicum, roughly chopped, seeds removed

1 yellow capsicum, roughly chopped, seeds removed

2 small zucchinis, halved crossways and thinly sliced lengthways

200g haloumi, thinly sliced

3 sheets short crust pastry, reduced fat

¼ cup basil pesto

¼ cup milk

Black pepper, to garnish

Sesame seeds, to garnish



Discretionary Food

Method

PREHEAT oven and a flat baking tray to 230°C fan forced

OR

PREHEAT BBQ grill or char-grill pan on high until hot.

SPRAY both sides of vegetables and haloumi with oil spray.

CHARGRILL pumpkin 3-4 minutes each side. Remove and cover with foil.

CHARGRILL the eggplant, capsicum and zucchini for 5 minutes on each side until tender.

PEEL any charcoaled skin from capsicum and cut capsicum into thick strips.

CHARGRILL haloumi for 2-3 minutes each side until lightly golden.

PLACE vegetables, haloumi and pesto in a bowl and mix.

SPRAY 6 pie tins with olive oil spray and line with pastry. Fill the pastry-lined pies with rice and blind bake for 10 minutes. Remove pastry cases from oven and discard rice.

FILL pies with vegetable mix and top with a piece of pastry.

BRUSH top of pies with milk, make small holes with a fork and sprinkle with cracked black pepper and sesame seeds.

BAKE for 25-30 minutes or until pastry is puffed and golden.

Recipe Courtesy of Dawn Lutz, Brisbane City Nights Branch