

## OUR RECIPE

TASTY  
RECIPE

# Quorn & Leek Pastry Parcel

Serves 10

## INGREDIENTS

10 puff pastry squares (ready made)  
10ml vegetable oil  
200g Quorn pieces  
50g onions  
120g leeks  
50ml vegetable stock  
80ml milk,  
15g flour  
15g margarine



Swap the leeks for mushrooms and the Quorn for chicken for another mid-week winning option.

## METHOD

1. Pre-heat the oven at 200°C or gas mark 6.
2. Defrost pastry squares where necessary.
3. Wash the leeks and thinly slice them.
4. Peel and dice the onions.
5. Heat the vegetable oil and margarine in a saucepan and add the onion and leeks.
6. Fry until soft but do not let them colour.
7. Coat the Quorn pieces with flour and add them to the pan.
8. Cook out the Quorn pieces until the flour has disappeared.
9. After a couple of minutes and add stock and milk and simmer until thickened.
10. Remove the mixture from the heat and spoon the filling in the centre of each pastry square. Fold in the corners and brush with milk.
11. Cook on greased baking tray for 30 minutes.
12. Remove from the oven and serve straight away.