



Sweet Potato, Mushroom & Miso Pie

Ingredients

1 tbsp olive oil
1 brown onion, finely sliced
2 cups cashews
4 cups filtered water
3 tbsp miso (shiro)
1 tsp sea salt
2 tsp nutritional yeast (optional)
1 large sweet potato, peeled and cut into 1cm cubes
500g mushrooms
1 cup parsley, finely chopped
3 tbsp hemp seeds
1 tbsp tapioca flour plus more if needed
1 sheet puff pastry of your choice
Sesame seeds to garnish



Supercharge: Add 2 cups of baby spinach into mixture with parsley for added iron.



Delivery Notes: Deliver me in a large baking dish or individual ramekins oven baked or fresh and frozen. Don't forget to add a best before date. Can be stored in the fridge for up to 4 days or frozen for up to 3 months.

Sensitivity Notes: Reduce or remove onion if mama is sensitive or baby has colic.

This hearty and nourishing plant-based pie is a warm cuddle on a plate. The creamy cashew base is full of all the essential nutrients for postpartum recovery. Miso is a wonderful source of probiotics and hemp seeds are a complete protein source important for tissue healing and colostrum production. You can enjoy this made with vegan, gluten-free or spelt pastry. The perfect delivery for a new mama.

Method

Preheat oven to 180 degrees fan forced. Grease a large pie dish and set aside.

In a large saucepan saute onions and olive oil over medium heat for 10 minutes or until caramelised.

Add cashews, water, miso, nutritional yeast and salt to a food processor or high speed blender and combine. Set aside.

Add sweet potato, mushrooms and parsley to the saucepan and stir to combine. Pour cashew cream over mixture and bring to the boil.

Allow mixture to simmer over medium heat for 10 minutes. Add tapioca flour and hemp seeds and mix through until mixture thickens. Remove from heat.

Transfer mixture into the pie dish. Cover with puff pastry and sprinkle with sesame seeds. Bake for 20 - 25 minutes or until golden and crispy.