



# Earthy Truffle Mushroom, Spinach and Filo Pie

with Cheddar and Roasted Carrots

Calorie Smart

Preparation time : 45 min.



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Find the full recipe and preparation details online.  
<https://hfresh.cottey.fr/en-GB/recipes/earthy-truffle-mushroom-spinach-and-filo-pie-186>

Detach me! \_\_\_\_\_

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Grater, Pan, Oven dish

Ingredients for 1-6 people

| Ingredient                          | 2p  | 3p  | 4p  |
|-------------------------------------|-----|-----|-----|
| Filo Pastry Sheets (unit(s))        | 3½  | 5¼  | 7   |
| Mushrooms (grams)                   | 250 | 375 | 500 |
| Echalion Shallot (unit(s))          | 1   | 1   | 2   |
| Garlic Clove (unit(s))              | 1   | 1   | 2   |
| Mature Cheddar Cheese (grams)       | 30  | 50  | 60  |
| Carrot (unit(s))                    | 3   | 4   | 6   |
| Creme Fraiche (grams)               | 150 | 225 | 300 |
| Vegetable Stock Paste (grams)       | 15  | 20  | 25  |
| Baby Spinach (grams)                | 100 | 160 | 200 |
| Truffle Zest (sachet(s))            | 1   | 1½  | 2   |
| Water for the Sauce (milliliter(s)) | 125 | 190 | 250 |

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

| Per serving        | Amount   |
|--------------------|----------|
| Energy (kJ)        | 2567 kJ  |
| Energy (kcal)      | 614 kcal |
| Fat                | 32.4 g   |
| of which saturates | 19 g     |
| Carbohydrate       | 64.7 g   |
| of which sugars    | 23.2 g   |
| Dietary Fibre      | 12.6 g   |
| Protein            | 17.7 g   |
| Salt               | 3.47 g   |

Allergens

Milk, Wheat, Soya, Cereals containing gluten

Always check the product labels for allergen information.



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Remove the **filo pastry** from the fridge and bring it to room temperature (see ingredients for amount). Remove it from the packet and lay flat on the counter, covered with a damp tea towel.  
Thinly slice the **mushrooms**. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).  
Grate the **cheese**.



Roast the Carrots

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.  
Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.  
When the oven is hot, roast on the top shelf until tender, 25-30 mins. Turn halfway through.



Fry Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.  
Once hot, add the **shallot** and cook until softened, 3-4 mins.  
Add the **mushrooms** and season with **salt** and **pepper**. Fry until browned, 5-6 mins, stirring occasionally.  
Stir in the **garlic** and fry until fragrant, 30 secs.



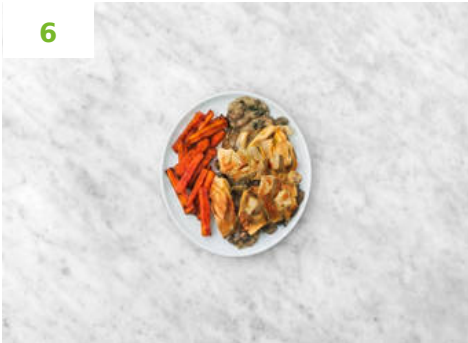
Make your Pie Filling

Stir the **creme fraiche**, **veg stock paste** and **water for the sauce** (see pantry for amount) into the **mushrooms**. Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.  
Once thickened, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.  
Stir through the **truffle zest** and **cheese** until fully combined, then remove from the heat.  
Add a splash of **water** if it's a little thick. Taste and season with **salt** and **pepper** if needed.



Assemble and Bake

Transfer the **pie filling** to an appropriately sized ovenproof dish.  
Halve the **filo pastry sheets** to make squares. Scrunch each square into a very loose ball and place on top of the **filling**. Repeat until the whole **pie** is covered, making sure not to overcrowd the **pastry** (discard any excess pastry). Drizzle the whole **pie** with **oil**.  
Once the **carrots** have roasted for about 15 mins, bake the **pie** on the middle shelf until the **filo** is golden, 10-15 mins.



Serve Up

When everything's ready, serve your **filo pie** on plates with the **roasted carrots** alongside.

Enjoy your meal!