



Harissa, Butternut and Chickpea Pie with Feta and Spinach

CLASSIC 45 Minutes • Medium Heat • 3 of your 5 a day • Veggie

N° 7



Diced Butternut Squash



Red Onion



Garlic Clove



Chickpeas



Harissa Paste



Vegetable Stock Powder



Feta Cheese



Baby Spinach



Puff Pastry Sheet

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Roasting Tray, Fine Grater (or Garlic Press), Sieve, Large Frying Pan, Measuring Jug and Ovenproof Dish.

Ingredients

	2P	3P	4P
Diced Butternut Squash**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1½	2
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Feta Cheese 7) **	1 block	1½ blocks	2 blocks
Baby Spinach**	1 small bag	1 large bag	1 large bag
Puff Pastry Sheet 13) **	1 sheet	1½ sheets	2 sheets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	637g	100g
Energy (kJ/kcal)	4512 / 1079	709 / 170
Fat (g)	62	10
Sat. Fat (g)	28	4
Carbohydrate (g)	97	15
Sugars (g)	17	3
Protein (g)	30	5
Salt (g)	3.74	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Get Prepped!

Preheat your oven to 200°C. Pop the **diced butternut squash** onto a roasting tray, drizzle over the **oil** and season with **salt** and **pepper**. Roast until tender and turning golden, 15-20 mins.



4. Finish the Sauce

Add the **spinach** to the saucepan a handful at a time and stir until it has all wilted, 2-3 mins. Stir through the **chickpeas**, **feta** and cooked **butternut squash**. Taste and add more **salt** and **pepper** if you like.



2. Start the Sauce!

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas**. Heat a drizzle of **oil** in a large saucepan over medium heat and cook the **onion** until softened, 6-8 mins. Add the **garlic** and **harissa paste** and cook for a further 1 min.



5. Assemble the Pie

Transfer the **butternut squash mixture** to an ovenproof dish (we use a 20cm x 20cm dish for 2 people). Unroll the **puff pastry** and place on top of the **butternut mixture** to cover and turn into a **pie**. Using a fork, press the **pastry** over the edge of the dish to help seal. Trim away any **excess pastry** and cut a small hole in the centre with the tip of a knife. Transfer the **pie** to the top shelf of your oven. Bake until the **pastry** is golden and well risen, 15-20 mins.



3. Simmer!

Add the **water** (see ingredients for amounts) and **stock powder** to the **onion** and bring to a simmer. Stir to dissolve and cook until reduced slightly, 5-6 mins. Meanwhile, crumble the **feta** into chunks.



6. Serve!

While the **pie** is in the oven, do any washing up. Once cooked, leave the **pie** to stand for 2 mins then divide between plates.

Enjoy!