



Artichoke & wild mushroom pie

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



406 kcal

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 2 large onion finely sliced
- ☐ 300 g artichoke hearts halved
- ☐ 300 g mushrooms mixed halved
- ☐ 1 garlic clove crushed
- ☐ 1 tsp thyme sprigs fresh
- ☐ 500 g pastry crust
- ☐ 1 water beaten
- ☐ 1 large handful parsley roughly chopped

☐ 142 ml cream

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

Directions

☐ Heat oven to 200C/fan 180C/gas

☐ Heat half the oil in a medium frying pan, then gently fry the onions for 12-15 mins until softened and lightly browned. Tip the onions into a bowl and mix with the artichoke hearts, season if you like and set aside.

☐ Heat the remaining oil in the same pan (theres no need to clean it) over a high-ish heat.

☐ Add the mushrooms, then stir-fry for 2-3 mins until soft, throw in the garlic and thyme and continue to cook for a minute.

☐ Remove from the heat, season well and allow to cool.

☐ On a floured surface, roll out the pastry into a rough circle about 40cm in diameter and drape over a large baking sheet.

☐ Pile the onions and artichokes into the middle of the pastry and spread them out evenly, leaving a 10cm border around the edge, then pile the mushrooms on top.

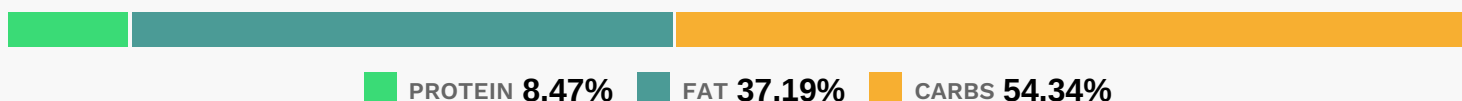
☐ Bring the edges of the pastry up over the filling.

☐ Brush the exposed pastry edge with the egg glaze.

☐ Bake for 20-25 mins until the pastry is crisp and golden brown.

☐ Sprinkle with parsley and serve immediately with the sour cream and relish.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:17.83, Inflammation Score:-6, Nutrition Score:13.982608823673%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

Nutrients (% of daily need)

Calories: 406.26kcal (20.31%), Fat: 16.77g (25.8%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 50.62g (18.41%), Sugar: 4.64g (5.16%), Cholesterol: 13.57mg (4.52%), Sodium: 601.52mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Selenium: 23.44µg (33.49%), Vitamin B1: 0.49mg (32.5%), Manganese: 0.59mg (29.52%), Vitamin B3: 5.43mg (27.13%), Vitamin B2: 0.45mg (26.27%), Folate: 91.8µg (22.95%), Fiber: 4.5g (18.02%), Iron: 3.11mg (17.3%), Vitamin K: 17.78µg (16.94%), Phosphorus: 151.78mg (15.18%), Vitamin B6: 0.25mg (12.41%), Vitamin B5: 1.15mg (11.47%), Potassium: 322.01mg (9.2%), Copper: 0.18mg (9.13%), Vitamin E: 1.18mg (7.85%), Magnesium: 30.51mg (7.63%), Zinc: 1.1mg (7.33%), Vitamin C: 5.16mg (6.26%), Calcium: 47.44mg (4.74%), Vitamin A: 206.88IU (4.14%), Vitamin D: 0.2µg (1.33%)