



Leek, cheese & potato pasties

READY IN



85 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small potatoes cut into 1cm cubes (300g 11oz)
- ☐ 1 knob butter
- ☐ 2 small leek split finely sliced
- ☐ 3 thyme sprigs chopped
- ☐ 1 tbsp dijon mustard
- ☐ 2 tbsp cup heavy whipping cream
- ☐ 500 g pastry crust
- ☐ 5 oz cheese cut into small chunks
- ☐ 1 eggs beaten

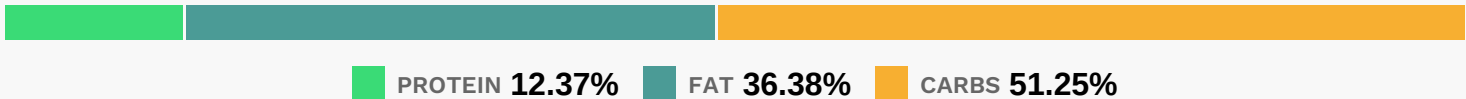
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook the potatoes in boiling, salted water for 5–8 mins until tender, but still holding their shape. Meanwhile, melt the butter in a large saucepan.
- ☐ Add the leeks and thyme and soften for 10–12 mins.
- ☐ Drain potatoes and add to the leeks with the mustard and plenty of seasoning. Stir in the cream and leave to cool a little.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ On a floured surface, roll out the pastry to the thickness of a 1 coin. Use a side plate or a bowl as a template to cut out 6 x 15cm circles.
- ☐ Mix the cheese with the leek mixture and pile a mound of the mix onto the centre of each pastry circle.
- ☐ Brush around edges with a little egg, then bring edges together and crimp with your fingers to seal.
- ☐ Place pasties on a baking tray lined with baking parchment, brush with the remaining egg and bake for 40–45 mins until golden brown.
- ☐ Serve warm or leave to cool.

Nutrition Facts



Properties

Glycemic Index:51.29, Glycemic Load:24.67, Inflammation Score:-8, Nutrition Score:17.399565489396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 461.9kcal (23.09%), Fat: 18.61g (28.62%), Saturated Fat: 8.97g (56.09%), Carbohydrates: 58.97g (19.66%), Net Carbohydrates: 55.43g (20.16%), Sugar: 2.04g (2.26%), Cholesterol: 64.08mg (21.36%), Sodium: 628.15mg (27.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Selenium: 29.86µg (42.65%), Vitamin B1: 0.53mg (35.33%), Manganese: 0.65mg (32.48%), Folate: 110.5µg (27.62%), Vitamin B2: 0.46mg (27.26%), Phosphorus: 234.87mg (23.49%), Iron: 4.04mg (22.44%), Calcium: 212.34mg (21.23%), Vitamin B3: 4.16mg (20.78%), Vitamin A: 958.49IU (19.17%), Vitamin C: 15.56mg (18.87%), Vitamin K: 18.13µg (17.27%), Vitamin B6: 0.3mg (14.77%), Fiber: 3.54g (14.17%), Potassium: 394.33mg (11.27%), Magnesium: 43.52mg (10.88%), Zinc: 1.61mg (10.73%), Copper: 0.2mg (9.96%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.33µg (5.49%), Vitamin E: 0.74mg (4.9%), Vitamin D: 0.37µg (2.46%)