



Leek, potato & ham flip-over pie

READY IN



55 min.

SERVINGS



4

CALORIES



680 kcal

Ingredients

- ☐ 400 g potatoes leftover boiled cooked (roasted or – see step 1)
- ☐ 1 leek finely sliced
- ☐ 2 tbsp horseradish
- ☐ 5 tbsp crème fraîche
- ☐ 100 g finely-chopped ham cooked chopped
- ☐ 1 pinch thyme dried
- ☐ 375 g puff pastry
- ☐ 1 tbsp milk

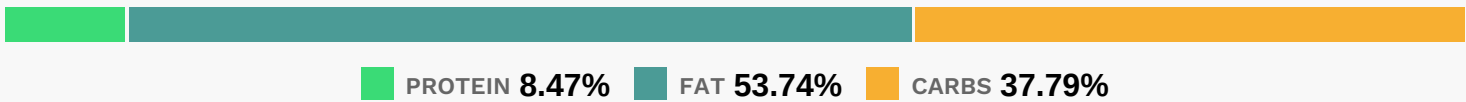
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ To make the filling, preheat the oven to 220C/gas 7/fan 200C. Slice your potato leftovers as best you can, then blanch the leek in boiling water for 3 minutes and drain. If you dont have any leftovers, peel, halve and thickly slice a baking potato, then boil for 8 minutes, adding the sliced leek for the last 3 minutes.
- ☐ Drain. In a large bowl, mix the potato, leek, horseradish sauce, crme frache, ham and thyme, mushing up the potato slightly, then season well.
- ☐ To make the pie, unroll the pastry rectangle onto a baking sheet. Pile the filling along the length of one half of the pastry, leaving a small gap on the outside edge.
- ☐ Brush milk round the edges of the pastry. Fold the uncovered side over the filling, then press the pastry edges together well, using the prongs of a fork, to seal. Make a few 6cm diagonal slashes in the top. (The pie can now be frozen for up to a month.)
- ☐ To bake the pie, brush the pie with the remaining milk and bake for 30 minutes until golden brown. Leave to relax for a couple of minutes then cut into slices and serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:61.19, Glycemic Load:36.84, Inflammation Score:-7, Nutrition Score:18.928261208793%

Flavonoids

Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 680.07kcal (34%), Fat: 40.87g (62.87%), Saturated Fat: 11.09g (69.33%), Carbohydrates: 64.66g (21.55%), Net Carbohydrates: 60.39g (21.96%), Sugar: 3.63g (4.04%), Cholesterol: 27.55mg (9.18%), Sodium: 570.24mg (24.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.98%), Selenium: 29µg (41.43%), Vitamin B1:

0.6mg (40.33%), Manganese: 0.74mg (37.22%), Vitamin C: 30.22mg (36.63%), Vitamin B3: 5.99mg (29.94%), Folate: 109.43µg (27.36%), Vitamin K: 28.64µg (27.28%), Vitamin B2: 0.4mg (23.29%), Vitamin B6: 0.44mg (22.24%), Iron: 3.96mg (22.02%), Phosphorus: 211.65mg (21.17%), Potassium: 631.72mg (18.05%), Fiber: 4.27g (17.09%), Copper: 0.28mg (13.88%), Magnesium: 53.56mg (13.39%), Zinc: 1.5mg (10.01%), Vitamin A: 475.42IU (9.51%), Vitamin B12: 0.4µg (6.74%), Vitamin B5: 0.62mg (6.17%), Calcium: 60.91mg (6.09%), Vitamin E: 0.78mg (5.23%)