



HEALTH SCORE

61%

Mushroom & courgette rice pie



Vegetarian



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



401 kcal

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 small shallots finely chopped
- ☐ 2 garlic clove crushed
- ☐ 675 g mushrooms mixed sliced (such as chestnut, oyster and shiitake)
- ☐ 2 large zucchini chopped
- ☐ 50 g arborio rice
- ☐ 3 tbsp wine
- ☐ 300 ml vegetable stock hot
- ☐ 3 tbsp tarragon fresh chopped

- ☐ 1 tbsp pecorino cheese
- ☐ 2 tbsp crème fraîche
- ☐ 2 tbsp basil pesto
- ☐ 25 g walnuts chopped
- ☐ 0.5 pastry crust with a large pinch of saffron strands well (see 'Goes with' below)
- ☐ 1 tbsp milk

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pie form

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat oil in a large pan and cook shallots and garlic for 2–3 mins until softened. Stir in mushrooms and courgettes and cook over a high heat for 5–7 mins until golden.
- ☐ Stir in the rice and cook for 2 mins, then add wine and cook for 3 mins until the liquid has evaporated.
- ☐ Add a ladleful of hot stock and cook, stirring constantly. Continue in this way until all the stock has been used up. Stir in the tarragon, cheese, crme fraiche, pesto and walnuts and plenty of seasoning. Cool.
- ☐ Fill a 900ml/1pt pie dish with the rice mixture.
- ☐ Brush the edge of the dish with water.
- ☐ Roll out the pastry on a lightly floured surface and use to cover the filling, trimming the edges and pressing down well to seal.
- ☐ Brush with milk, place on a baking sheet and bake for 20–25 mins until crisp and golden.

Nutrition Facts



 **PROTEIN 13.33%**  **FAT 41.47%**  **CARBS 45.2%**

Properties

Glycemic Index:110.5, Glycemic Load:18.74, Inflammation Score:-8, Nutrition Score:27.553912872853%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 400.72kcal (20.04%), Fat: 19.02g (29.25%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 41.06g (14.93%), Sugar: 9.98g (11.09%), Cholesterol: 5.44mg (1.81%), Sodium: 588.58mg (25.59%), Alcohol: 1.16g (100%), Alcohol %: 0.29% (100%), Protein: 13.75g (27.51%), Manganese: 1.24mg (61.96%), Vitamin B2: 1.04mg (61.16%), Vitamin B3: 9.23mg (46.14%), Vitamin C: 35.86mg (43.46%), Copper: 0.83mg (41.27%), Selenium: 27.56µg (39.37%), Folate: 148.3µg (37.07%), Vitamin B1: 0.52mg (34.44%), Potassium: 1200.2mg (34.29%), Vitamin B6: 0.66mg (33.21%), Vitamin B5: 3.25mg (32.49%), Phosphorus: 306.64mg (30.66%), Iron: 4.75mg (26.41%), Fiber: 5.56g (22.25%), Magnesium: 80.53mg (20.13%), Vitamin A: 839.18IU (16.78%), Zinc: 2.19mg (14.59%), Calcium: 128.27mg (12.83%), Vitamin K: 12.5µg (11.91%), Vitamin E: 1.32mg (8.83%), Vitamin D: 0.38µg (2.57%), Vitamin B12: 0.12µg (1.92%)