



Sausage & leek pie

READY IN



60 min.

SERVINGS



4

CALORIES



797 kcal

Ingredients

- ☐ 85 g butter cold chopped
- ☐ 175 g flour plain
- ☐ 450 g pork sausage good
- ☐ 2 large leeks washed sliced
- ☐ 25 g butter
- ☐ 25 g flour plain
- ☐ 300 ml milk
- ☐ 2 tsp grainy mustard
- ☐ 1 large handful parsley chopped

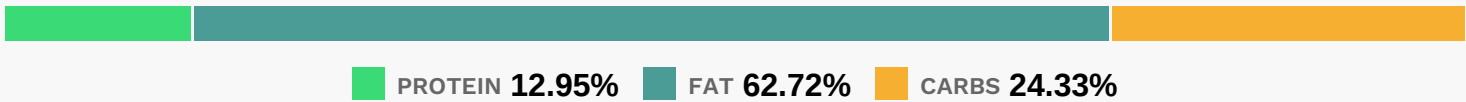
Equipment

- ☐ food processor
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat the oven to fan 180C/ conventional 200C/gas
- ☐ Whizz butter and flour in a food processor.
- ☐ Add 2 tbsp water and pulse to a ball.Wrap the dough in cling film and chill.
- ☐ Heat the grill to high, brown the sausages for 5 minutes. Fry the leeks in the butter for 2- 3 minutes.
- ☐ Sprinkle in flour and cook, stirring, for 2 minutes. Take off heat and stir in the milk. Season, add the mustard and bring to the boil, stirring.
- ☐ Cut each sausage in five at an angle and pile into a 1.2 litre dish. Stir the parsley into the leek sauce and pour over.
- ☐ Roll out the pastry and cut out a shape 2.5cm larger than the dish.Re-roll trimmings to make a 2.5cm strip.
- ☐ Brush the rim of the dish with water and lay the strip on top. Lift the rest on top, press to seal and crimp edges.
- ☐ Bake for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:30.77, Inflammation Score:-8, Nutrition Score:22.747826285984%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.04mg, Quercetin: 0.04mg,

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Nutrients (% of daily need)

Calories: 796.61kcal (39.83%), Fat: 55.34g (85.14%), Saturated Fat: 25.57g (159.83%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 46.01g (16.73%), Sugar: 5.65g (6.28%), Cholesterol: 149.41mg (49.8%), Sodium: 959.68mg (41.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.43%), Vitamin B1: 0.78mg (51.92%), Vitamin B3: 8.54mg (42.7%), Vitamin K: 40.11µg (38.2%), Vitamin A: 1724.74IU (34.49%), Phosphorus: 309.45mg (30.95%), Folate: 123.63µg (30.91%), Vitamin B2: 0.52mg (30.37%), Manganese: 0.58mg (28.79%), Selenium: 19.99µg (28.56%), Vitamin B6: 0.52mg (26.03%), Iron: 4.61mg (25.61%), Vitamin B12: 1.42µg (23.68%), Zinc: 3.21mg (21.42%), Potassium: 544.51mg (15.56%), Vitamin D: 2.31µg (15.42%), Calcium: 148.58mg (14.86%), Vitamin B5: 1.37mg (13.66%), Magnesium: 50.74mg (12.69%), Copper: 0.2mg (10.19%), Fiber: 2.29g (9.17%), Vitamin C: 7.47mg (9.05%), Vitamin E: 1.35mg (8.97%)