



Squash & sage pithivier

 Vegetarian

READY IN



50 min.

SERVINGS



1

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 puff pastry
- ☐ 1 tsp coarse mustard
- ☐ 4 tbsp mascarpone cheese
- ☐ 1 tbsp breadcrumbs fresh
- ☐ 6 sage chopped
- ☐ 1 garlic clove finely grated
- ☐ 250 g butternut squash thinly sliced into rounds
- ☐ 1 eggs beaten

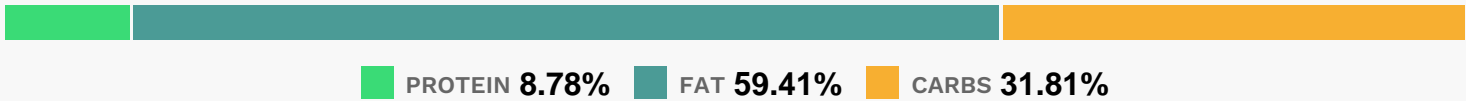
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roughly halve the pastry, but make one half a tiny bit bigger.
- ☐ Roll the slightly smaller half out on a floured surface to a circle about 15cm in diameter.
- ☐ Spread over the mustard, leaving about a 2cm gap around the edge.
- ☐ Mix the mascarpone, breadcrumbs, chopped sage and garlic together and season generously.
- ☐ Arrange a few squash slices, overlapping, to cover the mustard.
- ☐ Spread with some of the mascarpone mixture. Repeat, making slightly smaller circles with the squash each time, and spreading mascarpone between each layer until the top is just one slice of squash and you have made a rough dome shape on the pastry.
- ☐ Thinly roll out remaining pastry. Use to cover the squash dome, gently pressing down on the veg to push out as much air as you can. Press the pastry edges to seal. At this stage, you can cover and chill the pie overnight, or freeze for 1 month. Defrost before continuing.
- ☐ Brush with beaten egg, then poke a tiny steam hole in the top and gently score patterns over the surface. Dip a few sage leaves in the remaining egg and stick on top.
- ☐ Transfer to a baking sheet and bake for 35-40 mins until a skewer poked through the steam hole goes through the veg easily.

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:15.25, Inflammation Score:-10, Nutrition Score:31.396521796351%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 830.28kcal (41.51%), Fat: 55.5g (85.38%), Saturated Fat: 24.28g (151.74%), Carbohydrates: 66.86g (22.29%), Net Carbohydrates: 60.2g (21.89%), Sugar: 6.84g (7.6%), Cholesterol: 223.68mg (74.56%), Sodium: 386.71mg (16.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.93%), Vitamin A: 27657.03IU (553.14%), Vitamin C: 53.46mg (64.8%), Copper: 1.06mg (52.88%), Manganese: 1mg (50.17%), Selenium: 34.23µg (48.9%), Vitamin B1: 0.62mg (41.62%), Folate: 147.1µg (36.77%), Vitamin B3: 6.3mg (31.49%), Vitamin E: 4.42mg (29.47%), Potassium: 1018.25mg (29.09%), Vitamin B2: 0.47mg (27.74%), Magnesium: 107.94mg (26.99%), Fiber: 6.66g (26.66%), Calcium: 263.24mg (26.32%), Iron: 4.73mg (26.27%), Vitamin B6: 0.53mg (26.27%), Phosphorus: 232.95mg (23.3%), Vitamin B5: 1.76mg (17.63%), Vitamin K: 13.53µg (12.88%), Zinc: 1.48mg (9.89%), Vitamin B12: 0.43µg (7.11%), Vitamin D: 0.88µg (5.87%)