



## Wizard's hat pasties

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 small onion finely chopped
- ☐ 250 g pumpkin flesh cut into small cubes of 1cm (buy a large wedge and peel, or use leftovers from lantern-making)
- ☐ 2 tsp tomato purée
- ☐ 1 pinch nutmeg grated
- ☐ 75 ml vegetable stock
- ☐ 375 g pack ready-rolled puff pastry
- ☐ 8 servings eggs beaten

- ☐ 50 g cheddar grated
- ☐ 2 tbsp roasted pumpkin seed (from a packet)

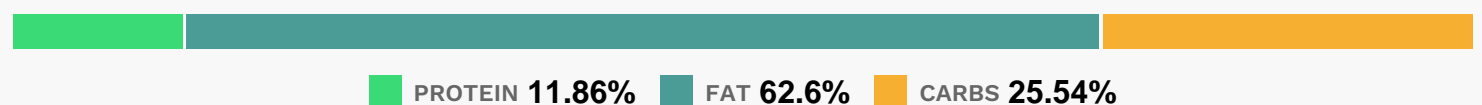
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ rolling pin

## Directions

- ☐ Heat the olive oil in a large saucepan, then add the onion and cook for 5 mins until softened and lightly golden. Stir in the pumpkin and tomato pure. Season with nutmeg and salt and pepper to taste.
- ☐ Pour in the stock and bring to the boil before turning down to a simmer for 8–10 mins. The pumpkin should be just tender and almost all of the liquid evaporated. Spoon into a bowl and set to one side to cool.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Unroll the pastry and roll it out slightly thinner with a rolling pin.
- ☐ Cut out 8 diamond shapes approximately 10cm wide x 15cm long.
- ☐ Brush each pastry diamond with beaten egg. Stir the grated cheese into the cooled pumpkin mixture, then divide between the diamonds, placing the mix on the top half of each piece of pastry. Fold the bottom of the diamond over the filling, pressing the edges together firmly to make a well-sealed triangle.
- ☐ Brush all over with egg glaze and scatter over a few pumpkin seeds, in star or moon shapes if you like. Chill for 30 mins, or overnight, covered with cling film, if you are making ahead.
- ☐ Bake for 20–25 mins until golden and puffed.

## Nutrition Facts



## Properties

Glycemic Index:38.38, Glycemic Load:13.11, Inflammation Score:-9, Nutrition Score:13.76652168191%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 389.27kcal (19.46%), Fat: 27.23g (41.9%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.79g (8.65%), Sugar: 1.96g (2.18%), Cholesterol: 169.93mg (56.64%), Sodium: 258.49mg (11.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.22%), Vitamin A: 2986.64IU (59.73%), Selenium: 27µg (38.57%), Vitamin B2: 0.4mg (23.69%), Manganese: 0.41mg (20.55%), Phosphorus: 191.65mg (19.16%), Folate: 66.87µg (16.72%), Vitamin B1: 0.23mg (15.54%), Iron: 2.5mg (13.89%), Vitamin B3: 2.33mg (11.64%), Vitamin E: 1.42mg (9.47%), Zinc: 1.36mg (9.08%), Vitamin K: 9.48µg (9.03%), Magnesium: 34.35mg (8.59%), Copper: 0.17mg (8.4%), Calcium: 83.67mg (8.37%), Vitamin B5: 0.83mg (8.27%), Vitamin B12: 0.46µg (7.63%), Potassium: 238.22mg (6.81%), Vitamin B6: 0.12mg (6.18%), Vitamin D: 0.92µg (6.12%), Fiber: 1.2g (4.81%), Vitamin C: 3.62mg (4.38%)