

Vegan Cous Cous Pies



This weeks 'recipe of the week' is a delicious mini vegan pie recipe from none other then Meg Phillips. It uses a combination of vegetable, spices, coconut milk and cous cous, wrapped in vegan pastry. A great autumn and winter recipe for the collection.

Ingredients:

- 1 tablespoon of olive oil
- 1 clove of garlic, diced
- 1 brown onion, sliced
- 7 mushrooms, sliced
- 1/2 red capsicum, diced
- 1/2 head of broccoli, chopped into small pieces
- 1 1/2 tablespoons mild curry powder
- 1 tin of diced tomatoes
- 1 tine of coconut milk
- a handful of cashew nuts
- 1 sweet potato, diced
- 1 cup of cous cous
- 2 sheets of vegan puff pastry (look for a pastry that uses margarine instead of butter)

Method:

1. In a large saucepan sautee the onion and garlic in olive oil on medium heat until fragrant.
2. Add the capsicum and mushrooms and stir whilst cooking.
3. Add the tinned tomatoes and coconut milk along with the broccoli, cashews and curry powder.

4. Allow the mixture to boil to ensure the broccoli cooks through.
5. In a separate pot, steam the sweet potato until soft and then add to the curry mixture and stir.
6. Turn off the heat and add 1 cup of cous cous, mixing to evenly combine.
7. Defrost the sheets of pastry and cut circles big enough to cover the top of the pie depending on what kind of tray you are using.
8. With the pastry scraps, press them into the bottom of the (lightly greased) muffin/pie trays to form the base of the pies.
9. Spoon the cous cous curry mixture into the pie cups level with the top of the pie hole.
10. Place the circles/pie lids you cut previously on top of the pie base and filling.
11. Bake in a moderate oven (180°C) for around 30-40 minutes or until the pastry is crispy.

Dairy Free | Vegan

To see more from Meg, including a huge range of raw sweet treats, visit her Instagram page [here](#).