

## Mushroom, chestnut and squash filo pie

★★★★☆ 4.7 | 73 ratings



03:08

### Prepare

Less than 30 mins

### Cook

1 to 2 hours

### Serve

Serves 6

### Dietary

Egg-free | Healthy | Pregnancy-friendly |  
Vegetarian

This delicious veggie pie was made to be shared with family and friends, especially good with vegetarian gravy or served cold with salad.

Each serving provides 406 kcal, 11g protein, 35g carbohydrates (of which 10g sugars), 23.5g fat (of which 5g saturates), 6g fibre and 0.7g salt.

By Dr Rupy Aujla

From Cooking in the Doctor's Kitchen

## Ingredients

3 tbsp extra virgin olive oil

250g/9oz chestnut mushrooms, sliced

1 red onion, sliced  
300g/10½oz butternut squash (¼ squash), peeled and cut into 2cm/¾in chunks  
75g/2½oz curly kale, shredded, tough stalks discarded  
150ml/5fl oz vegetable stock, made with ½ vegetarian stock cube  
50g/1¾oz ready-to-eat dried apricots, quartered  
180g/6oz chestnuts, halved  
75g/2½oz walnuts, roughly broken  
½ tsp dried chilli flakes (optional)  
85g/3oz goats' cheese, cut into small pieces  
sea salt and freshly ground black pepper

### **For the pastry**

4 sheets filo pastry (each about 48x25cm/19x10in)  
2 tbsp extra virgin olive oil  
handful chopped fresh parsley, to garnish (optional)

## **Method**

1. Heat 2 tablespoons oil in a large non-stick frying pan and fry the mushrooms over a medium-high heat for 4–5 minutes, or until lightly browned. Tip onto a plate and return the pan to the heat.
2. Add the remaining tablespoon of oil and reduce the heat. Gently fry the onion and squash for 5 minutes, or until the onion is lightly browned and the squash is beginning to soften, stirring regularly.
3. Add the kale, stir in the stock and bring to a simmer. Simmer for 3 minutes, or until the liquid is reduced to almost nothing, stirring regularly.
4. Stir in the apricots and gently heat for 2 minutes. Remove from the heat and add the chestnuts, walnuts and reserved mushrooms, stirring well. Add the chilli flakes, if using. Season with salt and pepper. Leave to cool for 45–60 minutes.
5. Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with baking paper. Place one sheet of the filo pastry across the tray and brush with a little oil. Add a second sheet of pastry at right-angles to the first to make a cross shape. Brush with a little more oil. Place the third sheet diagonally over the first and brush with a little more oil. Add the fourth sheet diagonally in the opposite direction.
6. Spoon the filling into the centre of the pastry and flatten into a circle around 20cm/8in wide and 4cm/1½in deep. Scatter with the goats' cheese.
7. Bring the excess pastry up around the filling, leaving a gap at the top, scrunching loosely. Brush the pastry with the rest of the oil. Bake for 25–30 minutes. Serve in slices, garnished with parsley if liked.

## **Recipe tips**

Remove the goats' cheese and this pie is a great option for vegans.