

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S LEFT OVER PUFF PASTRY PIE

 **Prep: 20 minutes**

 **Cook: 35 minutes**

 **Serves: 2**

### INGREDIENTS:

- Small drizzle olive oil
- 1 small leek, sliced
- 2-3 small broccoli florets, cooked
- 2-3 mushrooms, sliced
- 1 tbsp sweetcorn
- 1 tbsp soft crème cheese
- freshly ground black pepper
- Pinch **LoSalt**
- Sprinkle dried Italian herbs
- 1 salmon fillet cut into cubes
- ½ roll puff pastry
- 1 egg, beaten

### METHOD:

1. Preheat the oven to 180°C.
2. Add a small drizzle of olive oil into a small non-stick frying pan and heat gently. Add the sliced leek, sauté for 3-4 mins until starting to soften.
3. Next add the already blanched broccoli, sliced mushrooms and sweetcorn.
4. Heat gently for 2-3 mins, meanwhile, in a bowl, mix together the soft cheese and 2 tbsp hot water along with black pepper, a pinch of **LoSalt** and a sprinkle of dried Italian herbs.
5. Mix together using a fork and pour over the vegetables.
6. Next, add the cubed salmon fillet to the pan alongside the vegetables and stir gently.
7. Pour the pie filling into 2 small ramekins, ensuring you get all the juice!
8. Now cut 2 puff pastry tops, slightly bigger than the ramekins and place on top of the pies, pinching the edges to fit snugly. Now brush with a beaten egg and cut a couple of small air holes in the top of each pie.
9. Pop on a baking tray (in case of spills) and place in the pre-heated oven for 20-25 mins until the pie filling is bubbling and the pastry is golden.

If you take some types of medication that affect potassium levels, **LoSalt** and other reduced sodium salt alternatives may not be suitable for you. Check with your GP for advice