



Kale Pesto Pies

Little savoury cup pies, stuffed with cauliflower and potatoes in spicy kale pesto.

A wholesome meal for your lunch box, your picnic, your garden parties.

This recipe is good for 6 big cup pies or 12 small one (muffin forms)

You can take bought short crust pastry or you can make your own.

Ingredients

Short Crust

500 g flour
1 teaspoon salt
200 g vegan butter (cold)
100 ml cold water

1 potato
½ cauliflower head
500 g short crust pastry (vegan)
200 g kale
50 g pine nuts
3 tablespoons olive oil
2 garlic cloves
vegetable broth (powder)
herb salt
black pepper
cayenne
nutmeg

Instructions

- combine flour, salt, the vegan butter in cubes and the cold water in a large bowl, knead it well and form a ball which you wrap in cling foil and let it cool down in the fridge for at least 30 mins
- roll out the dough and fill the little cup pies evenly with the dough, leave 1/3 of the dough for the lids
- cube the potato, cut the cauliflower in small pieces and boil in a bit of water with vegetable broth powder until almost ready cooked; pour out the liquid
- wash the kale, cut it in chunks (get rid off the wooden stalks) and boil it until tender in a bit of water
- roast the pine nuts
- add the kale, the pine nuts, the cubed garlic, olive oil, salt, pepper, cayenne and nutmeg in a food processor and blend it to a pesto
- mix the pesto with the cauliflower and potatoes and add the filling with a spoon into the short crust cups
- roll out the rest of the dough, cut out circles and close the cup pies; cut a cross in the lid so the steam can come out
- bake at 200 C for 20 mins or until the pastry is light brown
- let the pies cool down for 15 mins
- can be enjoyed hot or cold