



**VEGETARIAN
EXPRESS**



Mushroom Sausage & Bean Pie

Ingredients

- 10 sausages-mushroom & thyme
- 200g Bold Bean Queen butter beans
- 10g vegan instant gravy
- 250g vegan puff pastry
- 1g thyme
- 10g pure maple syrup

Vegan instant gravy may contain traces of Eggs, Milk, Celery, Mustard, Soya & Sulphites

Vegan puff pastry may contain traces of Soya

Method | SERVES 4

- Slice and pan fry the sausages until coloured.
- Make gravy with 200ml boiling water then add to the sausages.
- Add the thyme and rinsed butter beans and mix.
- Place into a pie dish and roll on the puff pastry.
- Score the pastry then brush lightly with maple syrup.
- Bake at 200°C for 25-30 minutes until pastry has puffed and is golden brown.

Typical Nutritional Values

	per 100g	serving 214g
Energy	1134kJ 272kcal	2427kJ 581kcal
Fat	16.0g	34.2g
of which Saturated	4.2g	9.0g
Carbohydrate	26.0g	55.6g
of which Sugars	1.6g	3.4g
Fibre	4.1g	8.8g
Protein	5.9g	12.6g
Salt	1.30g	2.78g

Suitable for: Vegan, Nut free

Allergens: Cereal Gluten

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using pork.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
350	12	1180

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.