

COUNTRYSIDE

ASPARAGUS AND LEEK PIE

serves: 6 | preparation time: 25 minutes | cooking time: 35 minutes

Eating in silence means you're eating more mindfully, which is better for your health as you are able to tune into the sensations in your body. Leeks are a good source of vitamins C, A and K, and are a beautiful substitute for the traditionally used onion, which can aggravate the digestive system.

CRUST

- 1 ROLL PHYLLO PASTRY
- 7 TABLESPOONS OLIVE OIL

FILLING

- 2 TEASPOONS COCONUT OIL
- 1 CLOVE GARLIC, FINELY CHOPPED
- 1 TABLESPOON FRESH THYME LEAVES
- 1/3 CUP FRESH MINT LEAVES
- 1/4 TEASPOON CAYENNE PEPPER
- 6 LEEKS, FINELY SLICED
- 1 CUP TENDER-STEM BROCCOLI, CHOPPED
- 100 GRAMS FRESH ASPARAGUS, ENDS
- REMOVED, CHOPPED
- 1 CUP FRESH OR FROZEN PEAS
- 2 TABLESPOONS SPELT FLOUR
- 1½ CUPS VEGETABLE STOCK
- 1 TABLESPOON LEMON ZEST SALT AND PEPPER
- 3 TABLESPOONS RICOTTA CHEESE

TOPPING

- ½ CUP ROLLED OATS
- 1/4 CUP PUMPKIN SEEDS
- ZEST OF ½ LEMON
- 1 TABLESPOON FRESH THYME LEAVES
- PINCH OF SALT
- 1 TABLESPOON OLIVE OIL

For the filling, heat the coconut oil in a medium-sized frying pan over medium heat. Add the garlic and sauté for 2 minutes. Add the thyme, mint and cayenne pepper and mix well. Add the leeks and cook for 10 minutes until they have softened. Add the broccoli, asparagus and peas and mix well. Add the spelt flour, vegetable stock and lemon zest and season to taste. Simmer for 10 minutes. Once the sauce starts to thicken, remove from the heat.

In the meantime, place all the ingredients for the topping into a food processor and pulse until crumbs form. Set aside.

Place the phyllo pastry sheets – one at a time – into a 24 cm pie dish, making sure to cover the base and that the edges overlap the dish by about 5 cm. Brush each layer completely with olive oil. This is an open pie, but the edges will become crunchy when baked. Work quickly as the phyllo can dry out and crack.

Preheat the oven to 180 °C.

Spoon the filling into the pie crust and dot with the ricotta. (Alternatively, when making the filling, leave some of the leeks and broccoli whole and arrange them in the pie crust as shown in the photograph.) Crumble over the topping and pop the pie into the oven. Bake for 35 minutes or until the edges of the pie are golden brown.