



Meat and leek pies with an aubergine casing

By Debbie Gibson (www.properfoodie.com) **GF**

Makes 4 | Prep 40 mins plus resting | Cook 30 mins | Calories 346 (per pie)

FOR THE FILLING

- ½ tbsp olive oil
- 300g (10½oz) onion, finely chopped
- 100g (3½oz) leeks, finely chopped
- 400g (14oz) extra lean mincemeat
- 1 bay leaf
- ½ tsp oregano
- salt and freshly ground black pepper

FOR THE CASING

- 3 medium aubergines
- a good amount of sea salt, for dehydrating the aubergine
- olive oil

FOR TOPPING AND GARNISHING

- 3 small pieces of raw beetroot, peeled (use gloves)
- 1 tbsp olive oil
- a squeeze of runny honey
- 200g (7oz) passata
- 20g (¾oz) grated Parmesan
- 4 tbsp Greek style fat-free yoghurt
- 1 tbsp olive oil
- ½ tsp horseradish sauce
- a pinch of salt and freshly ground black pepper
- chopped chives and lettuce leaves (optional)

- 1 For the pie, slice the aubergine lengthways into thin strips, lay on a wire rack, place over a tray, then scatter a pinch of sea salt over the top. Cover with kitchen towel, and place a couple of heavy books over the top. After 2 hours, remove the books and kitchen towel. Briefly rinse the aubergine slices to remove the salt, then pat dry.
- 2 Separate the slices into sets of four, trying to ensure different sized slices are spread evenly between groups. Each set of 4 is used to line a round 8cm (3in) tin mould. Drizzle olive oil inside each mould before adding the aubergine; this will prevent sticking during baking. Use one slice to line the base of the mould, then the other slices to line the sides.
- 3 Preheat the oven to 180°C/ Gas Mark 4.
- 4 For the filling, heat ½ tbsp olive oil in a large pan, add the onion and leek, then gently fry until soft. Add the mincemeat, bay leaf and oregano and fry until browned throughout. Season to taste.
- 5 Drain the filling into a sieve, lined with kitchen towels. It's important to ensure that the filling is well drained to prevent the pies from being too soggy. Remove the bay leaf.
- 6 Add the filling to the lined moulds. Push down with a spoon in order to fit in as much as possible.
- 7 Fold the aubergine slices over the top of the filling, trimming where necessary with scissors. Secure with cocktail sticks.
- 8 Place the pies onto a baking tray and bake in the oven for 30 minutes.
- 9 While the pies are baking, cut each piece of beetroot into 1-2cm (½-1in) chunks. Place on a baking tray, drizzle with oil and honey, then pop in the oven for 20 minutes – both the beetroot and pies should be ready at a similar time.
- 10 Place the passata in a small saucepan and gently heat. Once boiled, set aside to cool.
- 11 For the horseradish sauce, add the yoghurt, olive oil, horseradish and salt and pepper to a bowl and mix well. Add more horseradish, seasoning or yoghurt if required. Set aside.
- 12 Once the pies and beetroot are cooked, remove from the oven. Set the pies to one side to cool for 5 minutes, before removing from the tins.
- 13 Arrange the lettuce leaves and beetroot on the serving plates. Carefully spoon blobs of the horseradish and yoghurt sauce on or next to the beetroot and sprinkle over the chives.
- 14 Run a knife around the edge of the pie moulds. Place a spatula over the top of the mould, then turn upside down and gently allow the pie to slide out.
- 15 Transfer the pie to a serving plate and repeat this process for each pie. Spoon passata over each pie and finish with a sprinkle of grated parmesan.

16.5g

Total fat

3g

Saturates

0.2g

Salt

24.9g

Sugar

8.9g

Protein