

WHO DARES SLIMS - RECIPE

# Leek & bacon filo pastry pie



## Tips

Makes 4 portions

You can use frozen mushrooms which keep for ages in the freezer.

If you want to up the protein content, you can add chicken.

## Ingredients

- 3x leeks
- 3x rashers of thick-cut bacon
- 1x punnet of mixed mushrooms
- 1x Veggie Oxo cubes
- A glug of olive oil
- Dried oregano
- Salt & Pepper for seasoning to taste
- 100ml of semi-skimmed milk
- Tablespoon of corn flour
- Shop-bought filo pastry sheets
- 2x tablespoon of melted butter

## Preparation

1. Preheat oven to between 180-200 degrees centigrade.
2. Chop the leeks in half longways and then into 1-2cm chunks. Also chop the bacon into small pieces and fry it in a pan.
3. In the same pan, use the fat from the bacon to soften your leeks and mushrooms and cook for 7-10 mins.
4. Once the mixture is cooked through, add the milk to make a sauce and then the cornstarch to thicken. Stir briefly and move into an oven proof dish.
5. Create the pie lid by layering slightly scrunched filo sheets on top, and brushing melted butter on each layer.
6. Bake for 20 minutes until golden then enjoy!