

**BirdsEye**

FOODSERVICE

# GREEN CUISINE

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**BOSTON BEAN FILO  
PASTRY BAKED PIE WITH  
MEAT-FREE SAUSAGES**





## BOSTON BEAN FILO PASTRY BAKED PIE WITH MEAT-FREE SAUSAGES

**Recommended Age Group:**  
**Infants 5 - 7 years old**

Crisp baked (GC) Sausage cut into round chunks with a smokey tomato sauce, Haricot & Red Kidney beans and pieces of roasted butternut squash. Topped with “ruffled” filo pastry baked until crisp & golden. Served with wedges of cucumber & pepper.

### INGREDIENTS

#### 2 x Pkts of Green Cuisine Meat-Free Sausages

- 200g Diced Onion
- 2x Minced Garlic Cloves
- Half a sachet of “Tex Mex” flavour i.e. Chilli Spice / Fajita Spice – to deliver the depth of BBQ back flavour
- 1 x Squash – Peeled De-Seeded Butternut Squash / cut into approx 1” dice
- 1 x litre of Tomato Passata
- 1 x tin Chopped Tomatoes
- 3 x tins Red Kidney Beans
- 3 x tins Haricot Beans
- 1 x Cup measure of BBQ Sauce
- Approx half a 220g pkt of Filo Pastry
- 30g Olive Oil (for cooking the onion, roasting the squash and brushing the filo pastry)

### METHOD

Pre-heat oven to 185°C / Roast

Place the diced Butternut Squash onto a shallow (25mm) gastro tray and coat the dice with 10g of the olive oil – place into the oven and roast for 15 minutes whilst you begin working on the bean based sauce for the dish.

Once the Squash is roasted set aside until required a little later in the recipe.

Place approx 10g of Olive oil into a pan and warm, add the diced onion and stir until the onion begins to soften, then add the minced/ pureed garlic and stir until the garlic is lightly fried into the onion.

Add the half sachet of the “Tex Mex” spice and cook until it’s mixed through the onion & garlic mix. This will be very aromatic.

Place the Green Cuisine Meat-Free Sausages into the oven and cook for 12 minutes – once cooked cool slightly then cut up into 1 inch pieces.

Mix in the tomato puree to the onion and Tex Mex mix and cook out for 3-4 minutes and once this is cooked down add the BBQ sauce, the chopped tomatoes and the passata, and bring to a simmer.

Once simmering for 5 minutes, add the drained beans & bring back to a simmer, then transfer to a gastro tray, drop in the chopped Green Cuisine sausages and the roasted diced squash pieces, and lightly stir.

#### To top with Filo Pastry

Open the pastry packet and lay two pieces side by side and brush lightly with the remaining olive oil and dust with a pinch of the “Tex Mex” mild spice then place two more pieces of filo on top and finally very sparingly brush with a little more olive oil.

Then take these “layered” filo rectangles and lightly “scrunch” them and drop on to cover the bean, squash & sausage mix in the Gastro tray and place into the hot oven for 5/7 minutes approx 185°C.

When the pastry is golden brown and crisp take out and serve.