

## Spinach and Tofu Pie

This roast is packed with flavour and protein!

### Ingredients

- 250g (half a pound) pack of frozen spinach, chopped
- 500g (1.1 pounds) block of firm tofu, drained and finely chopped
- 1 onion, chopped
- 1 teaspoon minced garlic
- 1 tablespoon dry vegetable stock
- Quarter teaspoon nutmeg
- Quarter cup water for frying
- 2 tablespoons lemon juice
- 1 tablespoon soy sauce
- Sprinkle of pepper to taste
- Half a tablespoon soy milk for glazing
- 3 sheets of puff pastry

### Method

1. Pre-thaw pastry sheets. Preheat oven to 190 degrees Celsius (375 degrees Fahrenheit). Fry onion and garlic in water until softened. Add spinach, nutmeg and pepper, saute for 5 minutes and remove from heat.
2. Put tofu, stock powder, soy sauce, lemon juice, in a food processor (or use a masher) and blend until smooth.
3. Mix tofu mixture with spinach. Line a long dish with baking paper and lay down pastry sheets, overlapping edge. Place mixture in pastry case, flatten out. Place rest of pastry on top of mixture, pinch and fold sides to enclose. Glaze top with a little soy milk.
4. Bake for 40 minutes until pastry is browned. Serve with salad or side vegetables.

