goodFOOD
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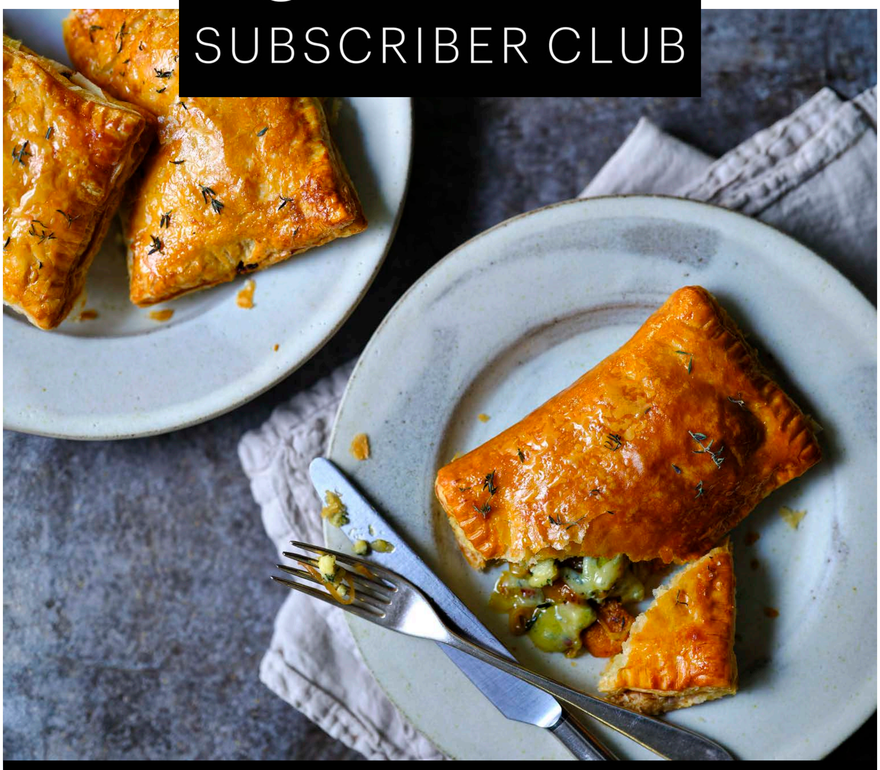

EXCLUSIVE RECIPE

Pumpkin & stilton hand pies

SERVES 4 **PREP** 40 mins plus cooling and chilling
COOK 1 hr 20 mins **EASY** V

These simple pastries are a treat to eat warm when it's cold outside – the sweet pumpkin is balanced by the salty, savoury blue cheese.

450g prepared pumpkin or squash, cut into roughly 1.5cm cubes
1 tbsp olive oil
2 large garlic cloves, lightly bashed
2 rosemary sprigs
40g butter
2 onions, thinly sliced
4 thyme sprigs, leaves picked
¼ tsp chilli flakes
2 tsp light brown soft sugar
2 tsp white wine vinegar
100g stilton
320g sheet ready-rolled puff pastry
1 egg, beaten

1 Heat the oven to 200C/180C fan/gas 6. Toss the pumpkin with the olive oil, garlic cloves, rosemary and a pinch of salt on a baking tray lined with baking parchment. Roast for 25-30 mins, or until tender. Remove and discard the rosemary sprigs. Mash the roasted garlic, then return it to the tray. Set aside.

2 Meanwhile, melt the butter in a non-stick frying pan over a medium heat and fry the onions with a pinch of salt for 15 mins until just turning golden. Add most of the thyme and the chilli flakes, and cook for 2 mins. Stir in the sugar and vinegar, and cook for 3 mins more, then combine this with the roasted pumpkin and leave to cool completely. Once cool, crumble in the stilton in large chunks.

3 Remove the pastry from the fridge, unravel it on its baking parchment and cut into four rectangles. Transfer, still on the parchment, to a large baking tray. With the shorter ends of the pastry rectangles facing you, spoon a quarter of the filling about two-thirds of the way down each pastry rectangle. Brush the edges with a little of the egg, then fold the pastry over and lightly press the edges using your fingers to seal. Brush with more beaten egg, then firmly crimp the border with a fork to secure. Chill for 30 mins.

4 Heat the oven to 220C/200C fan/gas 7. Brush more beaten egg over the pies, then sprinkle over the remaining thyme and a little sea salt. Bake for 20 mins until golden and risen. Leave to rest for a few minutes before serving.

GOOD TO KNOW 2 of 5-a-day
PER SERVING 586 kcals • fat 42g • saturates 22g • carbs 35g • sugars 9g • fibre 5g • protein 14g • salt 1.4g