

COLDPRESSED

the Good Oil



50% LESS
SATURATED FAT
THAN OLIVE OIL

IDEAL FOR FRYING,
ROASTING, DRESSING
AND BAKING

GROWN
AND PRESSED IN
NEW ZEALAND

THE GOOD ROAST VEGE PIE WITH AN EASY GOOD OIL PASTRY

Selection of fresh seasonal vegetables suitable to roast.

Fresh herbs (eg thyme, rosemary)

3 eggs

½ cup cream

Salt and pepper

1 tbsp fresh herbs (eg parsley, oregano)

Feta cheese – crumbed

¼ cup Parmesan cheese – finely grated

Pastry base:-

¾ cup self-raising flour

¾ cup plain flour

¼ cup THE GOOD OIL

¼ cup lukewarm water

Pinch of salt – optional

In blender, or by hand, mix water and oil into flour until just combined. Wrap in cling film and chill for 1-2 hours.

Prepare vegetables and cut into bite size chunks. Coat in THE GOOD OIL and season to your taste.

Spread root vegetables in a roasting pan. Cook at 180 C.

Part way through add the remaining vegetables and herbs to ensure they are all cooked at the same time. Cool.

Roll out the pastry and line a 24cm loose bottom tart dish.

Add vegetables to pastry and crumble over the feta.

Beat eggs and cream, season and add herbs. Pour over the vegetables and top with parmesan cheese.

Cook at 180C for about 25 minutes, or until the top is brown and egg mix set.