

INGREDIENTS

1 pack Garden Gourmet Chicken Style Filet Pieces

100g green asparagus tips

100g peas

100g mixed seasonal mushrooms

600 ml vegetable stock (some extra if needed)

60g flour

75 ml vegetable cream

50g vegetable (cream) butter

salt and pepper



Celebrate with our vegan filet pieces pastry delight! The flaky puff pastry topped with a creamy sauce creates a festive treat. Enjoy the magic of plant-based cooking!

PREPARATION

1. Cook the peas

Cook the peas and asparagus tips in boiling salted water for a few minutes until crisp tender. Drain them in a colander and rinse briefly with cold water to avoid overcooking. Preheat the oven to 160°C.

2. Melt butter

Over low heat, let the butter melt and "bubble out" for a few minutes, but do not color. Remove the pan from the heat and stir in the flour with a spatula. Let the 'roux' 'cook' on low heat for about 2 min, stirring constantly.

3. brown the filet pieces

Add half of the stock and bring to a boil, stirring regularly. The mixture will start to bind to a firm sauce. Add the rest of the broth, bring to a boil and simmer gently for a few minutes. Brown the filet pieces and mushrooms for a few minutes in a frying pan with a little oil. Season with salt and pepper.

4. heat the pastry

Spoon the pieces and mushrooms into the ragout, adding more broth if necessary if the ragout is too thick. Heat the pastry pans in the oven according to directions on the package and cut out the small "lid".

5. Garnish

Warm the asparagus and peas and season with a little salt and pepper and some butter. Spoon the well-warm ragout into the pastry 'pans' and place the 'lids' on top. Garnish with the asparagus tips, peas and purple cress.

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