Vegan Pot Pie



A comforting, vegetable-filled meal with a creamy sauce and golden pastry topping.

Serves: 6
Prep time: 20 minutes
Cook time: 45 minutes

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 medium potato, cut into small cubes
- 1 teaspoon dried thyme
- ½ teaspoon dried rosemary
- ⅓ cup all-purpose flour
- 2 cups vegetable broth
- 1 cup unsweetened, unflavoured plant-based milk
- 1 can (540 mL) chickpeas, drained and rinsed
- 1 cup frozen peas
- Salt and black pepper, to taste
- 1 sheet vegan puff pastry, thawed according to package instructions
- 1 tablespoon plant-based milk, for brushing

Instructions

1. **Preheat the oven** to 400°F (200°C). Lightly grease a deep 9-inch pie dish or a 2-quart baking dish. Choose a dish with enough room to leave some space above the filling.
2. **Cook the vegetables.** Heat the olive oil in a large saucepan over medium heat. Add the onion, carrots, and celery. Cook for 7–8 minutes, stirring occasionally. Add the garlic, potato, thyme, and rosemary; cook for another minute.
3. **Make the sauce.** Sprinkle the flour over the vegetables and stir for 1 minute. Gradually stir in the broth, followed by the plant-based milk, until smooth.
4. **Simmer the filling.** Bring to a gentle simmer and cook for 10–12 minutes, stirring regularly, until the potato is just tender and the sauce has thickened. Stir in the chickpeas and peas. Season with salt and pepper. If the filling is too thick, add a splash of broth.
5. **Add the pastry.** Transfer the filling to the baking dish and let it cool for about 10 minutes. Roll out the pastry, if needed, to fit over the top. Lay it over the filling, trim any excess, and gently press it against the rim. Cut a few small slits in the centre to allow steam to escape. Brush lightly with plant-based milk.
6. **Bake and serve.** Place the dish on a baking sheet to catch any drips. Bake for 25–30 minutes, or until the pastry is golden, puffed, and cooked through. Let stand for 10 minutes before serving.

Tip: Check the puff pastry ingredients to ensure it is vegan, as some brands contain butter.