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# Vegan and vegetarian

# Beetroot Wellington (for 2)

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## Method

Wash then top and tail the beets. Place on some tin foil with the garlic cloves and herbs. Season and drizzle with oil. Wrap over the foil and bake for around 30mins @ 180° or until just cooked through.

Finely dice the shallot and blitz the mushrooms in a food processor until fine. Sauté the shallots in oil (butter if not vegan) to soften and add mushrooms. Add some salt and sauté until most of the water has evaporated and the mixture resembles pâté (known as duxelles).

Wash spinach if needed and wilt in a pan until just cooked through. Squeeze out all the water you can.

Unroll pastry and cut out two small disks and two larger disks. In the centre of the smaller disk, place some spinach, some duxelles, and the beets. Mould more duxelles around the beets then top with spinach. Finally, cover with larger disk of pastry and crimp around the base with a fork. Place in fridge until time to bake. Egg wash (use olive oil if vegan) the pastry and bake for 20 mins @ 180° or until pastry is golden.

## Ingredients

- Olive oil or butter (if not vegan)
- 2 beetroots (beets)
- 2 cloves of garlic
- Sprig of thyme or rosemary
- 250g mushrooms
- 300g spinach
- 1 large shallot
  
- 1 pack of rolled puff pastry (vegan if required)
- 1 egg (if not vegan)

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<https://coop.co.uk/vegan-cooking-demo>