

Adelaide Pasties Recipe

A modern, plant-based take on the classic pasties, Adelaide Pasties are a hearty and satisfying hand-held meal. Filled with a savoury mixture of lentils, diced potatoes, carrots, and pumpkin, the filling is seasoned with thyme, vegetable stock, and a special homemade **Vegan Worcestershire sauce** for a deep, umami-rich flavour.



Sample Recipe

Shopping List

Recipe serves	Prepared for
6	6

Ingredient	Amount		Scaled amount	
Butter	50	g	50	g
Lentils (drained and rinsed) [tin]	1	----	1	----
Everymite [tsp]	1	----	1	----
Large Potatoes (peeled, 1cm cubes)	2	----	2	----
Carrots (peeled, 1cm cubes)	2	----	2	----
Pumpkin (1cm cubes) [cup]	1	----	1	----
Sprigs Thyme	5	----	5	----
Vegetable Stock [cup]	1/2	g	1/2	g
Vegan Worcestershire sauce [tsp]	1	----	1	----
Salt & Pepper (add to taste)	1	----	1	----
Parsley (finely shredded) [Tbsp]	2	----	2	----
Puff Pastry	6	----	6	----
Egg or milk (for brushing pastry)	1	----	1	----
Tomato sauce (to serve)	1	----	1	----

Ingredients	Have it	Quantity
Butter	<input type="checkbox"/>	
Lentils (drained and rinsed) [tin]	<input type="checkbox"/>	
Everymite [tsp]	<input type="checkbox"/>	
Large Potatoes (peeled, 1cm cubes)	<input type="checkbox"/>	
Carrots (peeled, 1cm cubes)	<input type="checkbox"/>	
Pumpkin (1cm cubes)	<input type="checkbox"/>	
Sprigs Thyme	<input type="checkbox"/>	
Vegetable Stock [cup]	<input type="checkbox"/>	
Vegan Worcestershire sauce [tsp]	<input type="checkbox"/>	
Salt & Pepper (add to taste)	<input type="checkbox"/>	
Parsley (finely shredded) [Tbsp]	<input type="checkbox"/>	
Puff Pastry	<input type="checkbox"/>	
Egg or milk (for brushing pastry)	<input type="checkbox"/>	
Tomato sauce (to serve)	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

1. Heat butter in a large saucepan over medium heat. Add lentils and EverMite, frying briefly until combined.
2. Add potatoes, carrot, and pumpkin. Fry for about 5 minutes, stirring frequently.
3. Add thyme, vegetable stock, and vegan Worcestershire sauce. Season generously with salt and pepper.
4. Cover with a lid and cook for 5-10 minutes until vegetables are softened, stirring occasionally.
5. Stir through parsley and allow to cool to room temperature. Adjust seasoning if needed.
6. Thaw puff pastry. Using a dinner plate as a guide, cut each sheet into a large circle.
7. Place about 1 cup of filling in the centre of each pastry circle (optional to add grated cheese too). Fold into a half-moon shape.
8. Crimp edges to seal, ensuring no air pockets remain. Repeat with remaining filling.
9. Preheat oven to 200°C (400°F). Place pasties on a lined baking sheet.
10. Brush with beaten egg or milk.
11. Bake for 25 minutes or until golden brown and well cooked.
12. Serve with tomato sauce.

Vegan Worcestershire Sauce

Ingredients :

1 cup apple cider vinegar, 1/3 cup soy sauce, 3 tbsp brown sugar, 1 tsp Dijon mustard, 1/2 tsp allspice, 1/8 tsp black pepper

Method :

1. Combine all ingredients in a small saucepan and cover.
2. Heat on low until barely brought to a simmer.
3. Remove from heat and cool to room temperature.
4. Store in a jar in the refrigerator for 1-2 months.