

Prep	Cook	Difficulty level	Protein per serving
15 mins	30–35 mins (+ cooling)	4/5	7.3g (¼oz)

Elly’s Welly

Serves 8

Perfect for a Christmas spread, this Wellington is also lovely as a summer-style Sunday roast (as pictured). Packed with extra fibre and goodness from the lentils, you’ll be left with clean plates after everyone has dug in.

Combine the stuffing mix with the water in a large bowl and leave to hydrate for 5 minutes. Next add all the remaining filling ingredients to the bowl, season well with salt and pepper and mix well. Using your hands is useful here to squish the sausages and ensure everything is completely combined.

Preheat your oven to 210°C (190°C fan/410°F/Gas 6–7) and line a baking sheet with baking parchment.

Lay the puff pastry sheet onto the lined baking sheet then pile the filling mixture along one long side of the pastry, leaving a slight gap at either end. Compact the filling into an even log shape, then fold the pastry over it and crimp the edges with your fingers or a fork to completely enclose the filling.

Mix the olive oil and maple syrup together in a small bowl, then brush this all over the Wellington. Sprinkle it with the nigella seeds then bake the Wellington for 30–35 minutes until golden brown. Leave to stand for 15 minutes then slice and serve with garlic Parm roasties, sweet chilli carrots, lamb’s lettuce and plenty of tomato relish.

- 320g (11oz) store-bought ready-rolled puff pastry (ensure vegan)
- 2 tsp olive oil
- 1 tsp maple syrup
- 1 tsp nigella seeds
- salt and freshly ground black pepper

FOR THE FILLING

- 60g (2oz) vegan stuffing mix
- 100ml (6½ tbsp) water
- 8 vegan sausages (the “meaty” kind), casings removed
- 400g (14oz) can lentils, drained and rinsed
- 75g (2½oz) dried cranberries, chopped
- zest of ½ lemon
- small handful of thyme, leaves picked and chopped
- small handful of rosemary, leaves picked and chopped
- 1 tsp smoked paprika

TO SERVE

- garlic Parm roasties (page 61)
- sweet chilli carrots (page 56)
- lamb’s lettuce
- store-bought tomato relish

NOTE

If you can’t get hold of vegan stuffing mix, use the same weight of fresh breadcrumbs seasoned with 1 tbsp dried mixed herbs. If doing this, you may not need all the water specified – add enough water to hydrate the breadcrumbs until they are sticky but not wet.



Comforting Plates