

MUSHROOM PASTRY

2 persons / 527 kcal per serving

Ingredients:

- 400 grams floury potato
- 25 grams butter
- 12½ grams flour
- 100 grams mushrooms mix for pasta
- 75 grams oyster mushrooms
- ½ zucchini
- 1 tablet of wild mushrooms broth
- 2 slices butter puff pastry
- ½ egg
- pepper and salt



Preparation

Preheat the oven to 200 °C. Cut the mushrooms into pieces. Grate the zucchini. Cut the potato and into 1 cm cubes. Boil in salted water for 5 minutes. Drain and set aside. Thaw the puff pastry. Melt 12½ grams of butter in a saucepan, add the flour and fry over low heat for 5 minutes (roux). Stir regularly. Meanwhile, heat the rest of the butter in a skillet and fry the mushrooms, oyster mushrooms, herbs and zucchini for 5 minutes over medium heat. Meanwhile, make the stock by dissolving 1 tablet in 500 ml of boiling water. Add 125 ml stock to the roux and stir over low heat to a thick sauce. Add to the vegetables and stir in the potato. Season with salt and pepper and divide among the baking dishes. Cover with a slice of puff pastry. Push the edges with a fork. Beat the egg. Brush the puff pastry with the egg and bake the patties in the oven for about 20 minutes.

Nutritional value per portion:

Energy:	527 kcal
Protein:	12.2 grams
Carbohydrates:	66.1 grams
- including sugars:	8.3 grams
Fat:	22.2 grams
Fiber:	6.2 grams
Salt:	1.2 grams