

BEEF EMPANADAS WITH EGG AND SPICES

2 persons / 557 kcal per portion

Ingredients:

- 4 slices of savory pie dough (frozen)
- 100 grams minced beef
- 4 teaspoons pesto alla Genovese
- 2 medium eggs
- ½ onion
- 1 clove of garlic
- ½ tablespoon olive oil
- ½ teaspoon dried Italian herbs
- 4 grams fresh parsley
- pepper and salt
- 1 bowl of green tomato-cucumber salad (à 340 grams)



Preparation:

Boil one egg in 8 minutes. Meanwhile, chop the onion and finely chop the garlic. Heat the oil in a frying pan and fry the onion for 3 minutes. Add the minced meat, Italian herbs and garlic and fry for 8 minutes until brown and loose. Shovel regularly. Put the cooked minced meat in a bowl. Finely chop the parsley and spoon into the minced meat. Season with pepper and possibly salt. Scare the eggs and peel them. Cut into pieces and scoop the minced meat. Allow to cool for 30 minutes. Preheat the oven to 200 °C. Meanwhile, allow the dough to thaw in 10 minutes. Place the 1 piece of dough in a dough press, spread with ½ teaspoon of pesto. Divide the minced meat in half, brush the edges with some water and squeeze the press and place them on a baking sheet covered with baking paper. Beat the remaining egg and brush the empanadas with it. Bake in the oven for approx. 20 minutes until golden brown and done. Serve with the salad mix or make your own salad.