

OVEN DISH WITH SHAWARMA & EGG

4 persons / 546 kcal per person

Ingredients:

- 1 bush of celery
- 1 tablespoon of oil
- 250 grams of shawarma strips
- 1 tablespoon of paprika powder
- 190 grams of slices of young cheese 48+
- 360 grams of kidney beans in a jar
- 360 grams of white beans in tomato sauce
- 4 eggs
- pepper and salt



Preparation:

Preheat the oven to 200°C. Cut the celery into 1 cm wide arches. Heat the oil in a frying pan and fry the shawarma strips for 3 minutes on high heat. Add the paprika and celery and fry for another 5 minutes. Stir regularly. Cut the cheese into pieces. Drain the kidney beans and add to the meat together with 2/3 of the cheese and white beans in tomato sauce. Scoop. Put everything in an oven dish. Make 4 wells in the bean mixture with a spoon. Break the eggs above the wells and sprinkle with pepper and salt if necessary. Divide the rest of the cheese on top and bake the dish in the middle of the oven for about 15 minutes.

Nutritional value per person:

Energy:	546 kcal
Protein:	39.3 grams
Carbohydrates:	25.2 grams
- including sugars:	6.2 grams
Fat:	18.9 grams
Fiber:	9.6 grams
Salt:	2.9 grams