

# SAVORY PIE WITH KORMA VEGETABLES AND COCONUT MILK

4 persons / 568 kcal per person

## Ingredients:

- 75 grams of Indian korma spice paste
- 600 grams of Thai wok vegetables
- 270 grams of fresh puff pastry on a roll
- 5 medium eggs
- 200 ml coconut milk
- 1 tablespoon of oil
- pepper



## Preparation:

Preheat the oven to 180°C. Grease a loose-bottomed quiche mold (ø 28 cm) with ¼ tbsp oil. Heat the rest of the oil in a wok and fry the spice paste with the wok vegetables for 4 minutes. Line the quiche tin with the puff pastry. Mix the eggs with the coconut milk, and pepper to taste. Divide the vegetables over the dough and pour over the egg mixture. Bake the quiche for about 45 minutes until golden brown and cooked through. Remove from the oven and let it rest for 10 minutes. cooling down.



## Nutritional value per person:

Energy:	568 kcal
Protein:	14.7 grams
Carbohydrates:	36.3 grams
- including sugars:	8.4 grams
Fat:	38.1 grams
Fiber:	4.6 grams
Salt:	1.6 grams