

PITA WITH SPICED MINCE MEAT AND PAPRIKA TOMATO SALAD

2 persons / 529 kcal per person

Ingredients:

- 1 onion
- 125 grams of chestnut mushrooms
- 200 grams of lean ground beef
- 20 grams mix for minced meat
- ½ tablespoon of Italian herbs
- 2 whole meal pita breads
- 125 grams of cherry tomatoes
- 100 grams of grilled red peppers in a pot
- 30 grams of lamb's lettuce
- 50 grams of white cheese
- pepper and salt



Preparation:

Chop the onion. Wipe and quarter the mushrooms. Heat a frying pan without oil or butter and fry the minced meat with the mix for minced meat, herbs and some pepper for 5 minutes on medium heat. Add the onion and mushrooms and fry for 4 minutes. Meanwhile, heat the pita bread according to the instructions on the package. Halve the cherry tomatoes. Drain the bell pepper and collect ½ tbsp liquid. Cut the bell pepper into 1 cm wide strips and mix with the liquid and cherry tomatoes through the lamb's lettuce. Season with pepper and salt if desired. Divide the minced meat mixture and the salad among the plates. Crumble over the white cheese and serve with the pita breads.

Nutritional value per person:

Energy:	529 kcal
Protein:	35.1 grams
Carbohydrates:	50.1 grams
- including sugars:	7.9 grams
Fat:	19.0 grams
Fiber:	9.5 grams
Salt:	3.0 grams