

MUSHROOM PIE

4 persons / 448 kcal per person

Ingredients:

- 5 slices of butter puff pastry
- 500 grams of white mushrooms
- 1 onion
- 1½ tablespoon of sunflower oil
- 30 grams of fresh parsley
- 4 medium eggs
- 125 ml crème fraiche
- 200 grams of iceberg lettuce
- chili powder
- pepper and salt



Preparation:

Preheat the oven to 200 °C. Let the dough thaw. Clean the mushrooms with kitchen paper and cut into slices. Chop the onion. Heat 1 tablespoon oil in the frying pan. Fry the onion and the mushrooms for about 5 minutes. Let the liquid evaporate. Season with chili powder, pepper and salt. Finely chop the parsley. Beat the eggs and mix with the crème fraiche and parsley through the mushrooms. Grease the quiche pan with oil. Cover the quiche tin with dough slices and prick with a fork in a few places. Spoon the mushroom mixture onto the dough. Bake the cake in the middle of the oven for about 35 minutes until done and golden brown.

Nutritional value per person:

Energy:	448 kcal
Protein:	14.3 grams
Carbohydrates:	27.3 grams
- including sugars:	6.8 grams
Fat:	30.2 grams
Fiber:	4.4 grams
Salt:	1.9 grams