

# VEGA MEAT PIES WITH EGG AND TOMATO SALAD

2 persons / 527 kcal per person

## Ingredients:

- ½ tablespoon of traditional olive oil
- ½ tablespoon of extra virgin
- 175 grams of vegan minced meat
- 2 tablespoons of (fajita) wrap sauce
- 250 grams of vine tomatoes
- 4 slices of savory pie dough (thawed)
- 2 eggs
- 3 stalks of celery
- 6 grams of fresh parsley
- pepper and salt



## Preparation:

Preheat the oven to 200 °C. Cut half of the tomatoes into small cubes. Heat the traditional olive oil in a frying pan and heat the vegan minced meat over medium heat for 5 minutes. Turn off the heat and mix the minced meat with 1 tbsp wrap sauce and the diced tomatoes. Place a slice of dough turned a quarter turn on top of another slice of dough, so that a star is formed. Roll out into an oval dough of approx. 25 x 12 cm. Roll the edges 1 cm inwards to form a kind of boat. Repeat with the other dough slices until you have one boat per person. Place the dough on a baking paper. Divide the minced meat mixture over the dishes and make a well in the middle with a spoon. Break an egg in each hole. Bake the pies in the oven for about 20 minutes. Turn some fresh pepper and sprinkle some salt over the pies. Meanwhile peel the celery and cut into arcs. Cut the rest of the tomatoes into wedges. Finely chop the parsley. Mix the ½ tablespoon of extra virgin olive oil and 1 tablespoon of wrap sauce with the tomatoes, celery and parsley.

## Nutritional value per person:

Energy:	527 kcal
Protein:	31.2 grams
Carbohydrates:	51.9 grams
- including sugars:	7.2 grams
Fat:	19.0 grams
Fiber:	9.6 grams
Salt:	2.6 grams