

SAVORY PIE WITH SMOKED CHICKEN AND PAPRIKA

4 persons / 359 kcal per person

Ingredients:

- 5 slices of savory pie dough
- 3 bell peppers
- 250 grams of smoked chicken fillet strips
- 2 tablespoons of balsamic vinegar
- 4 eggs
- 200 grams of cottage cheese
- 12½ grams of fresh chives
- 150 grams of lamb's lettuce
- pepper and salt

Preparation:

Preheat the oven to 200 °C. Defrost the dough and line the quiche tin. Prick the bottom of the dough with a fork. Clean the bell peppers and cut into very thin strips. In a bowl, mix the bell pepper and chicken strips with balsamic vinegar and add salt and pepper to taste.

Divide the chicken mixture over the pie crust.

In a bowl, beat the eggs and add cottage cheese. Finely chop half the cup of chives on top and add salt and pepper to taste. Divide

the egg mixture over the pie filling. Bake the savory pie in the middle of the oven for about 35 minutes until golden brown and done. Let the cake cool slightly. Cut the cake into wedges. Divide the salad over large plates and place 2 slices of cake on each plate.



Nutritional value per person:

Energy:	359 kcal
Protein:	29.9 grams
Carbohydrates:	33.5 grams
- including sugars:	6.0 grams
Fat:	10.7 grams
Fiber:	2.6 grams
Salt:	2.8 grams