

PLATE PIE WITH BAKED MUSHROOMS & GARLIC SHRIMPS

2 persons / 504 kcal per person

Ingredients:

- 1½ red onion
- 200 grams of mushrooms for pasta (blend of chestnut mushroom, oyster mushrooms, bundle mushroom, oregano, thyme)
- ½ tablespoon soy sauce
- 4 slices of puff pastry (thawed)
- 35 grams of grated mozzarella
- 150 grams of fresh wok shrimp with garlic
- handful of arugula
- pepper



Preparation:

Preheat the oven to 200 °C. Cut the onions into half rings. Cut off the bottoms of the mushrooms and cut them in parts. Heat a frying pan without oil or butter and fry the onion and mushrooms on high heat for 4 minutes. Zip the herbs from the sprigs. Add the herbs from the package along with the soy sauce and bake for another 4 minutes. Cover a baking tray with baking paper and place the puff pastry slices on it and make a large square. Sprinkle the dough with the mozzarella and spread the fried mushroom mixture and shrimp on top. Sprinkle with pepper and bake the pie about 20 minutes under the center of the oven. Divide the arugula on top and serve.

Nutritional value per person:

Energy:	504 kcal
Protein:	27.1 grams
Carbohydrates:	42.1 grams
- including sugars:	5.7 grams
Fat:	24.6 grams
Fiber:	4.4 grams
Salt:	2.7 grams