

PLATE PIE WITH BAKED MUSHROOMS & SHRIMPS

2 persons / 510 kcal per serving

Ingredients:

- 1½ red onion
- 2 portobello mushrooms
- 75 grams oyster mushrooms
- ½ tablespoon soy sauce
- 135 grams fresh puff pastry
- 35 grams mozzarella
- 200 grams fresh wok shrimps with garlic
- 40 grams arugula



Preparation:

Preheat the oven to 200°C. Grate the mozzarella. Cut the onions in half rings. Thinly slice the portobello mushrooms and halve the oyster mushrooms. Heat a frying pan without oil or butter and fry the onion and mushrooms on high heat for 4 minutes. Add the soy sauce and fry it for another 4 minutes. Roll out the puff pastry on the corresponding baking paper and place on a baking tray. Sprinkle the dough with the mozzarella and spread the fried mushrooms over it and also the shrimps. Sprinkle with pepper. Bake the plate pie under the middle of the oven for about 20 minutes. Divide the arugula over it and serve.

Nutritional value per portion:

Energy:	510 kcal
Protein:	29.7 grams
Carbohydrates:	34.1 grams
- including sugars:	5.6 grams
Fat:	26.4 grams
Fiber:	3.2 grams
Salt:	2.0 grams