

# SAVORY CAKE WITH DUTCH VEGETABLES AND SMOKED CHICKEN

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4 persons / 561 kcal per person

## Ingredients:

- 6 slices savory pie dough
- 700 grams of frozen Dutch vegetable casserole
- 100 grams of smoked chicken fillet
- 3 medium eggs
- 250 grams of low-fat cottage cheese
- 100 grams grated cheese mild 30+

## Preparation:

Preheat the oven to 190 °C. Cover the spring form with baking paper and then with the cake dough. Cover the pie dough with a second sheet of baking paper and fill with the blind baking filling. Bake the pie base for 10 minutes in the center of the oven. Remove from the oven, remove the baking paper with blind baking filling and bake for another 10 minutes. Meanwhile, heat a frying pan without oil or butter and fry the vegetables on medium heat for 12 minutes. Cut the smoked chicken into 1 cm pieces. Beat the eggs and cottage cheese in a large bowl with a whisk. Add the vegetables, chicken and cheese. Stir through and season with pepper. Divide the vegetable mixture over the

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pie crust. Cover with aluminum foil and bake the savory pie in the middle of the oven for 50 minutes. After 25 minutes, remove the aluminum foil. Remove the savory pie from the oven, let it cool for 5 minutes and remove the spring form.

Nutritional value per person:

Energy:	561 kcal
Protein:	31.2 grams
Carbohydrates:	54.2 grams
- including sugars:	7.8 grams
Fat:	22.8 grams
Fiber:	5.1 grams
Salt:	3.6 grams