



Meat pie Suitable for Celiacs

Ingredients (for 1 unit)

Onion

½ unit

Red bell pepper

½ unit

Dehydrated herbs de Provence

1 tbsp.

Meat seasoning

1 tsp.

Egg

1 unit

Corn flour or flour

1 tbsp.

Minced meat

300g.

Bread crumbs

3 tbsps.

Preparation:

Process the onion, the red pepper and the herbs de provence; add meat seasoning and the egg. Add the

remaining ingredients, mix properly and place the mixture in the TartaExpress and cook in the microwave at full power for 5 minutes. Uncover and cook for at least 2 minutes.

Suggestion: Add two boiled eggs in the MiniSoufflé, in the middle of the meat, and then cover with the meat. Use gluten-free ingredients.

