



Galician Mini tarts

Ingredients:

Small pie shell (Ready made “tapa for empanada”)

1 unit

Medium size onion

1 unit

Salt and pepper

to taste

Tomatoes

½ unit

Paprika

½ teaspoon

Finely chopped dehydrated garlic and parsley (provenzal)

½ teaspoon

Hake

1 fillet

Tuna

½ can

Red pepper

½ can

Sardines

½ can

Green pitted olives

40 grs.

Beaten egg

1 unit

Preparation:

Sprinkle the pie shell with vegetable oil spray and line the BigCheff base, prick with a fork many times and microwave for 1 minute on high.

Chop the tomato, the onion, the red pepper, the filet, sardines and flake the tuna, mixing well with the rest of the ingredients.

Fill the mini tarts, cover the BigCheff and microwave for 2 minutes on high.

After cooking let it stand and serve warm.

