



Hard-boiled egg pies

Ingredients (serves 2)

6 small round pie dough pastries

1 egg

Extra virgin olive oil

For the filling:

2 eggs

4 crab sticks

12 green olives without the stone
(skip in case of hypertension
or fluid retention)

50 g roasted pepper

Parsley

1 big tomato

Method

1. Boil two eggs for approximately ten minutes in boiling water. Peel and cut into small pieces.
2. Chop the pitted olives and the roasted pepper into small cubes.
3. Cut the tomato into small pieces.
4. Cut the crab sticks into thin rounds.
5. Chop the parsley.
6. Mix all the ingredients together and season with virgin olive oil. Set aside.
7. Put the dough rounds on a plate. Place a spoonful of the filling in the centre, wet the border and fold the discs in half. Seal the pie, crimping the edges with the tips of your fingers.
8. Beat the egg and brush the pies on both sides.
9. Put the pies on a tray lined with baking paper and bake at 180°C for ten to twelve minutes.
10. Let pies cool down before serving.

Recommendations

In case of mucositis, prevent the pastry from overcooking or getting too dry, and if necessary, serve with sauce to help with swallowing.