



Meat & rice noodle pies

Ingredients (serves 2)

- 6 small round pie dough pastries
- 135 g lean beef
- 100 g onion
- 50 g rice noodles
- 1 egg
- Oregano
- Extra virgin olive oil
- Black pepper
- Salt (skip in case of hypertension or fluid retention)

Method

1. Boil the rice noodles for one minute in a saucepan with hot water. Drain and set aside.
2. Cut the lean beef into pieces. Salt the meat and cook in a pan at low heat with a splash of oil until browned. Reserve.
3. Peel and grate the onion.
4. Sweat the onion at very low heat in the same pan as the meat.
5. Add the meat and the noodles to the pan. Stir and let cook for a couple minutes. Add the oregano, salt, and pepper. Reserve.
6. 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.
7. Beat the egg and brush the pies on both sides.
8. Put the pies on a tray lined with baking paper and bake at 180°C for ten to twelve minutes.
9. Serve with tomato sauce.

Recommendations

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