

GLUTEN FREE HUNZA PIE



This weeks recipe of the week is a delicious gluten free hunza pie. Made with fresh silverbeet, organic brown rice and tasty cheese, it's a simple & wholesome pie perfect served with a fresh green salad and good quality olive oil.

Ingredients:

For the base:

Refer to the Swiss Chard Quiche for base recipe.

For the filling:

8 large silverbeet leaves (including some of the stems)

1 cup of cooked organic brown rice (biodynamic)

2 cups of tasty cheese

1 egg

1/2 teaspoon Italian mixed herbs

1/2 oregano blend

Salt & Pepper to taste

Method:

Wash the silverbeet and separate the stems from the leaves plunging each separately into salted boiling water.

The leaves should take roughly 2 minutes to soften and the stems 7 minutes.

Once cooled, squeeze as much water from the leaves as possible and roughly chop.

Slice the stems into 2cm pieces.

Place the stems and leaves together in a bowl with the cooked brown rice, cheese, herbs and egg

and mix until combined.

Pour the mixture into the tart shell, season with salt and pepper and bake in a preheated oven at 180°C for 20-25 minutes or until golden brown. Enjoy.