



Mushroom & aubergine pizza pie

 Vegetarian

READY IN



95 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 ciabatta bread
- ☐ 3 tbsp butter
- ☐ 1 large eggplant cut into thin rounds
- ☐ 200 g mushroom caps sliced
- ☐ 1 small bunch basil
- ☐ 140 g pasta sauce
- ☐ 250 g mozzarella cheese dry sliced

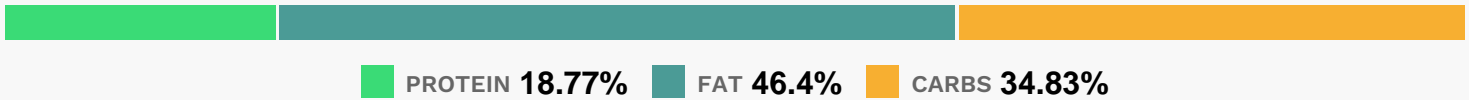
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cake form

Directions

- ☐ Make the dough following pack instructions, reserving a few tbsp of the mix for dusting.
- ☐ Heat 2 tsp of the garlic butter in a large frying pan, then cook the aubergine rounds, in batches, for 1–2 mins each side, until golden.
- ☐ Remove and season, then set aside.
- ☐ Add a little more butter and fry the mushrooms until soft, then remove and set aside.
- ☐ Lightly butter an 18cm round cake tin, about 4cm deep. Dust a flat surface with the reserved bread mix and roll out two-thirds of the dough to come over the sides of the tin. Line the tin and press the dough into the corners. Leave the sides hanging over.
- ☐ Layer up the ingredients, starting with half the aubergine, basil, pasta sauce, mozzarella and mushrooms. Repeat with the remaining ingredients, pushing down well.
- ☐ Roll out the remaining dough to form a lid and put it on top. Pinch together the lid and the sides, twisting them together to form a crusty edge. Wrap well and freeze. Defrost at room temperature for about 8 hrs.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Cook pie for 30 mins.
- ☐ Remove from the tin and place on a baking sheet.
- ☐ Brush with garlic butter, then cook for 20 mins more, brushing again with butter before serving.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:15.248695767444%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 447.16kcal (22.36%), Fat: 23.57g (36.26%), Saturated Fat: 13.97g (87.33%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 33.93g (12.34%), Sugar: 7.13g (7.93%), Cholesterol: 72.27mg (24.09%), Sodium: 908.75mg (39.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.91%), Calcium: 337.93mg (33.79%), Phosphorus: 317.86mg (31.79%), Vitamin B12: 1.44µg (24.05%), Fiber: 5.86g (23.44%), Manganese: 0.46mg (22.99%), Vitamin B2: 0.36mg (20.92%), Selenium: 14.14µg (20.2%), Vitamin A: 972.03IU (19.44%), Zinc: 2.63mg (17.51%), Potassium: 574.11mg (16.4%), Vitamin B3: 3.12mg (15.58%), Vitamin B6: 0.3mg (15.18%), Vitamin K: 15.47µg (14.73%), Vitamin B5: 1.28mg (12.84%), Magnesium: 45.27mg (11.32%), Copper: 0.22mg (10.93%), Folate: 40.89µg (10.22%), Vitamin E: 1.23mg (8.2%), Vitamin C: 5.33mg (6.46%), Iron: 1.14mg (6.36%), Vitamin B1: 0.08mg (5.37%), Vitamin D: 0.45µg (3%)