

Healthy Taco Pie



As a kid I used to love eating different kinds of pies. So this recipe is special for me. It tastes just like a pie, but it doesn't have any gluten, eggs, dairy or oils in it. It's such a clean and lovely recipe!

Servings: 4-5

Pie Dough

4 dl almond flour
1 dl chickpea flour
1/2 dl tapioca flour
1/4 tsp sea salt
5-7 tbsp water

Mushroom Tacos

600 g mushrooms
2 tbsp lime juice
2 tbsp maple syrup
1 tbsp oregano
1 tbsp paprika
1 tbsp onion powder
2 tsp garlic powder
2 tsp cumin
2 tsp curcumin
1 tsp sea salt
1/2 tsp cayenne

Filling

mushroom tacos
1/2 red bell pepper
1 tomato

Chickpea Mix

2 dl chickpea flour
3 dl water
1 tsp sea salt
1/2 tsk black pepper

Pea Guacamole

2 dl frozen peas
1 avocado
2 tbsp lime juice
1 tomato
1/4 red onion
1 clove of garlic
1 dl cilantro
1/2 tsp sea salt
1/2 tsp black pepper

Salad

romaine lettuce
red, orange or yellow bell pepper
cucumber

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INSTRUCTIONS

Pie Dough

1. Start by making the pie dough. Put all the ingredients in a bowl and mix well. Add a little water at a time until you have a good dough.
2. Roll out the dough between two baking sheets.
3. Take out a round pie form and brush it lightly with some maple syrup. Then transfer the pie dough to the pie form (mine is 27 cm in diameter). Press down so that it's touching all the edges, and then cut off any excess. Fork the bottom.
4. Then pre-bake the pie dough in the oven at 175 degrees Celsius for about 10 minutes.

Mushroom Tacos

1. Rinse and chop the mushrooms.
2. Transfer them to a ceramic wok and start frying over medium heat.
3. Add lime juice, maple syrup and all the spices. Stir regularly. You can raise the heat a little when the mushrooms start to give off liquid.
4. Fry until almost all the liquid is released from the mushrooms.
5. Turn off the stove and set aside.

Filling

1. While you are frying the mushrooms, you can take the opportunity to rinse and slice the peppers and tomatoes.
2. Then put half of the mushroom tacos in the bottom of the pie. Fill it with a layer of sliced tomatoes and peppers. Then top with the rest of the mushroom tacos.

Chickpea Mix

1. Now make the chickpea mix, by mixing everything in a bowl and stirring well with a whisk or a fork.
2. Pour over the pie, until it is completely covered.
3. Bake in the oven at 175 degrees Celsius for about 25 minutes.
4. Try inserting a potato stick - the pie is ready when it comes out dry.

Pea Guacamole

1. Take the peas out of the freezer and pulse them in the food processor until they are mashed.
2. Dice the avocado and mash it with a fork in a bowl. Add in the peas.
3. Finely chop the tomato, red onion and garlic. Transfer to the bowl.
4. Chop cilantro and add to bowl.
5. Stir it, and season with lime juice, salt and pepper.

Salad & Serving

1. Wash and chop the lettuce, bell pepper and cucumber.
2. Transfer to a bowl and toss it.
3. Serve your piece of Taco Pie with lots of salad and some Pea Guacamole.