

Bacon & Egg Pie

Served with a Beetroot and Carrot Salad

Bacon and egg pie

Ingredients

Filling:

4 to 5 eggs
 3 rashers GF bacon cut into small pieces
 1 small onion finely chopped
 1 small carrot grated
 1 firm tomato cut into pieces
 Peas or GF sweet corn
 Cheese coarsely grated
 Salt and pepper



Pastry:

Prepare a short crust pastry mix. (I use A Savoury Pastry Mix produced by Goodies Gluten Free Company) Available in most towns throughout NZ
 (www.glutenfreegoodies.co.nz)
 200g GF baking or bread mix
 100g butter
 200ml water

Method

1. Place pastry mix in a bowl. Add butter and rub well into the flour mix. Add water as you go.
2. Place in a covered bowl and leave in fridge for at least 2 hours. This allows water to be absorbed and chills the pastry mix to become more manageable for rolling.
3. Place pastry mix on a floured board and roll out thinly.
4. Line a pie dish with half of pastry.
5. Break eggs into pie dish, then chopped bacon, onion, grated carrot and sprinkle with peas or sweet corn, tomato and season. Sprinkle coarsely grated cheese over top.
6. Cover with other half of pastry. Press edges of pastry together, prick top and glaze with milk.
7. Bake in 180degree oven for 30 to 40 minutes.
 Serve hot or cold.

Recipe by Ian Gow

Beetroot and carrot raw slaw salad

Ingredients

- 3 Large carrots, raw
- 3 medium beets, raw
- 1/4 cup slivered almonds
- 1/2 cup golden raisins*
- 1/4 cup fresh parsley, chopped or coarsely torn
- 1/4 cup lemon juice
- 1 tsp cumin
- 1 tbsp olive oil
- 1/4 tsp salt
- 1 tbsp honey (optional)
- 1-2 garlic cloves, minced (optional)



Method

1. Gently wash, peel, and shred carrots and beets. Either shred by hand or place in a food processor with a shredding disc.
2. In a medium bowl, whisk together olive oil, lemon juice, cumin, honey (optional), and salt.
3. Add beets, carrots, parsley, almonds, and raisins to bowl and gently toss. Adding carrots at the end of “tossing” will help them retain their vibrant orange color for longer as the red beets will turn everything pink.
4. Serve in salad bowls or on salad plates. This beet salad recipe will keep for up to a week refrigerated, but the longer the salad marinates, the more soggy the texture becomes. This may work to your advantage if you aren't a fan of the crunchy raw texture. Also, the beet carrot salad color will change to a bright pink/fuchsia hue because of the beetroot's crimson coloring!

Recipe from <https://www.justbeetit.com/salads-soups/beet-and-carrot-raw-slaw-salad-vegan>