

Vegetables, ginger and anacards savory pie (Side dishes)



Preparation

Cube your vegetables. Peel off the mango and cut it in dices too. In a non stick pan, sauté the vegetables with a dash of oil, add a pinch of curcuma and a generous spoon of grated ginger. Pour some drops of water and wait some minutes. In the meanwhile, toast the anacards in a small pan. Mince coarsley the anacards and add them to the vegetables. Add the mango dices too. Portion the puff pastry into squares and arrange them on a baking tray. Place a spoon of stuffing on the pasrty, and repeat it again. You will obtain two layers of vegetables. Cook at 180° for 15 minutes.

Tips

You can decide whether to add more or less ginger to your recipe according to your tastes; moreover, you can decide to add the ginger before cooking or to sprinkle it on the pies after cooking.

Trivia

The anacards are rich in monounsaturated fats, which are good to reduce cholesterol.

Information

Preparation 45 minutes

Total Time 15 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Carrots (one carrot)

Tropea red onions (a Tropea onion)

Courgettes (a courgette)

Celery (a stick of celery)

Red peppers (a red pepper)

Chilli (a fresh hot pepper)

Mango (a mango)

Puff pastry (puff pastry)

Cashew nut (anacards)

Turmeric (as needed)

Ginger (a root of fresh ginger)

Brown sugar (a spoon of brown sugar)