

Hunza Pie



Ingredients

2 cups boiled brown rice
1 pkt spinach
1 medium onion
2 cloves garlic
1 egg
 $\frac{1}{2}$ cup of raw rolled oats
1 - $1\frac{1}{2}$ cup of grated cheese
Salt to taste

Your choice of pastry

Method

Prepare pastry in pie dish.

Chop and sauté onion.

Combine all ingredients in mixing bowl and mix well.

Press into pie dish or cover with pastry, brush with milk and egg.

Prick top for air holes.

Bake at 200 degrees until golden brown.

Hunza Pie is high in fibre and vitamin B6 (this comes from the brown rice).

If you choose to make your own pastry, use half wholemeal flour for a healthier alternative.