

NONYA BREAD PIE TEE

Makes 24 pie tees

INGREDIENTS

Pie Tee Filling

12 slices	Gardenia Brown Rice and Oats Loaf
1 tsp	Oil
16 g	Garlic, finely minced
20 g	Shallots, finely minced
100 g	Shrimp, sliced
200 g	Yam bean, shredded
100 g	Carrot, shredded
50 g	French beans, sliced into thin strips
¼ tsp	Salt
¼ tsp	Sugar
½ cup	Water

Garnishing

1 whole	Red chilli, chopped
2 cloves	Garlic, finely chopped
1 slice	Ginger, grated
1 tbsp	Vinegar
½ tbsp	Sugar
¼ tsp	Salt
1 tbsp	Water

METHOD

Sweet & Spicy Chilli Sauce

1. To make the chilli sauce, add in all the ingredients into a blender and blend into a fine paste. Transfer the chilli sauce into a bowl and set aside.

Pie Tee Filling

2. To make the filling, heat 1 tsp oil in a non-stick pan over medium heat. Sautee minced garlic and shallot for 2 minutes or until fragrant.
3. Add in shrimps, followed by yam bean, carrot and French beans. Stir to mix well.
4. Add in water and season with salt and sugar. Cover the pan with a lid and cook for approximately 5 minutes or until the vegetables are just soft. Remove from the heat and set aside.

Omelette for Garnishing

5. To prepare the egg omelette, heat ½ tsp of oil on a non-stick pan. Pour in the egg and swirl the pan to spread the egg thinly.





- Once cooked, transfer the omelette onto a chopping board and cut into strips. Set aside.

Pie Tee

- Preheat oven at 150°C for at least 15 minutes. Line the baking tray with baking paper, then set aside.
- To make the pie tee shell, flatten a slice of bread with the rolling pin. Then, cut out two round-shaped pieces of bread using a medium-sized serrated round cutter (6.5cm diameter).
- Lightly grease two small tart moulds with some oil. Line a round-shaped bread inside each tart mould, pressing the bread gently against the mould to form the shape of a tart shell. Each slice of bread will make 2 pie tee shells.
- Repeat steps 8 and 9 to make another 22 pie tee shells and place them on the baking tray. Bake at 150°C for approximately 13 – 15 minutes.
- When the pie tee cups are done, remove from the oven and allow to cool. Gently remove the bread pie tee shells from the tart moulds.
- To serve, fill each pie tee shell with about one tablespoon of filling and garnish with omelette strips, coriander leaf and red chilli.
- Enjoy the Nyonya Bread Pie Tee with sweet and spicy chilli sauce!

NOTE:

- The bread crusts can be baked in the oven and used to make croutons or bread crumbs.

NUTRITION INFORMATION PANEL

Approximate Nutritional Analysis Per Serving

Nonya Bread Pie Tee	
Servings per recipe: 12 (1 serving = 2 pie tees)	
	Per serving
Energy	85 kcal
Carbohydrate	12.7 g
Protein	1.7 g
Total Fat	1.7 g
Saturated fat	0.5 g
Dietary Fibre	1.9 g
Cholesterol	26 mg
Sodium	239 mg