

Low-GI Crustless Vegetable and Protein Pie with Garden Salad

A nourishing crustless pie featuring protein, vegetables, and eggs in a custard base, paired with a fiber-rich chickpea salad—perfect for stable blood sugar.

Prep: 15 min

Cook: 45 min

Total: 60 min

Servings: 4

GL 7.1 / GI 24

Ingredients

for sautéing vegetables olive oil

approximately 70g small onion, finely chopped

non-starchy vegetables like bell peppers, zucchini, mushrooms mixed vegetables

or substitute with lean beef mince or canned salmon cooked lean protein (chicken, lean mince or canned salmon), flaked or finely chopped

large eggs, at room temperature eggs

or unsweetened almond milk for lower carbs reduced-fat milk

cheddar or mozzarella reduced-fat grated cheese

also called almond flour almond meal

freshly ground preferred black pepper to taste

approximately 60g mixed greens mixed salad leaves (rocket, baby spinach, cos lettuce)

about 10-12 tomatoes cherry tomatoes, halved

approximately 200g medium cucumber, sliced

about 1 large carrot grated carrot

low-GI legume, rich in fiber canned chickpeas, rinsed and drained

for salad dressing extra virgin olive oil

helps lower glycemic response lemon juice or red wine vinegar

season to preference salt and cracked pepper, to taste

Instructions

Step 1

Begin by preparing the garden salad: In a large serving bowl, combine the mixed salad leaves, halved cherry tomatoes, sliced cucumber, grated carrot, and rinsed chickpeas. Drizzle with extra virgin olive oil and lemon juice or red wine vinegar, then season lightly with salt and cracked pepper. Toss gently to coat, cover with plastic wrap, and refrigerate while preparing the pie.

Step 2

Preheat your oven to 180°C (350°F) fan-forced or 200°C (400°F) conventional. Lightly grease a 23cm (9-inch) pie dish with cooking spray or a small amount of olive oil, ensuring the bottom and sides are well coated to prevent sticking.

Step 3

Heat one tablespoon of olive oil in a non-stick frying pan over medium heat. Add the finely chopped onion and sauté for 3-4 minutes until softened and translucent. Add your mixed vegetables and cook for another 2-3 minutes until just tender but still retaining some texture. Remove from heat and spread the vegetable mixture evenly across the bottom of the prepared pie dish.

Step 4

Distribute your cooked lean protein (chicken, lean mince, or salmon) evenly over the vegetable layer, ensuring good coverage across the entire dish. This protein layer will help stabilize blood sugar response and provide satisfying texture throughout the pie.

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Step 5

In a medium mixing bowl, whisk together the eggs, reduced-fat milk, almond meal, and black pepper until completely smooth with no lumps remaining. The almond meal replaces traditional flour, providing a lower glycemic alternative while adding healthy fats and protein. Pour this custard mixture slowly and evenly over the vegetables and protein, allowing it to settle into all the gaps.

Step 6

Sprinkle the reduced-fat grated cheese evenly over the top of the pie. Transfer the dish to the preheated oven and bake for 35-40 minutes, or until the center is completely set (it should not jiggle when gently shaken) and the top is lightly golden brown. A knife inserted into the center should come out clean.

Step 7

Remove the pie from the oven and allow it to rest for 5 minutes before slicing into four equal portions. Serve each slice warm alongside a generous portion of the prepared garden salad. For optimal blood sugar management, eat the salad first to create a fiber barrier, then enjoy the protein-rich pie. This meal provides sustained energy for 3-4 hours without glucose spikes.