

OVENSCHOTEL MET GEHAKT EN SPITSKOOL



2 persons / 573 kcal per person

Ingredients:

- 500 grams of floury potato
- 1½ medium onion
- 1 garlic clove
- ½ tablespoon olive oil
- ½ pointed cabbage
- 150 grams of minced beef
- ¾ tablespoon mild paprika powder
- ½ tablespoon cumin seeds
- 63 grams of crème fraîche
- pepper and salt

Preparation:

Boil the potatoes for 20 minutes. Drain and reserve a cup of cooking liquid. Let the potatoes cool slightly without a lid. Meanwhile, chop the onions and finely chop the garlic. Preheat the oven to 200°C. Heat the oil in a frying pan and fry the onion and garlic for 2 minutes. Meanwhile, remove the stalk of the pointed cabbage and finely chop the cabbage. Add the minced meat with the paprika and cumin seeds and fry for 3 minutes. Add the pointed cabbage in parts and stir fry for 3-4 minutes until the cabbage has wilted. Season with pepper and possibly salt. Mash the potatoes with a potato masher and mix in the crème fraîche and

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possibly some of the cooking liquid. Season with salt and pepper. Divide the cabbage-meat mixture over the baking dish. Spoon over the mashed potatoes and smooth out. Bake in the oven for about 25 minutes until a crispy edge form on the puree.

If you have some parsley, finely chop it and sprinkle over the oven dish.

Nutritional value per person:

Energy:	573 kcal
Protein:	27.1 grams
Carbohydrates:	57,9 grams
- including sugars:	12.8 grams
Fat:	24.2 grams
Fiber:	9.7 grams
Salt:	1.2 grams