

# POTATO VEGETABLE MEAT OVEN DISH

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2 persons / 591 kcal per person

## Ingredients:

- 400 grams pre-cooked waxy potato
- 2 medium onions
- 1 red bell pepper
- 1 zucchini
- ½ tablespoon of olive oil
- 150 grams minced beef
- 195 grams 'Aardappel Anders' cream garden herbs / garlic (Dutch Cream Potato Casserole)
- 25 ml tap water
- pepper and salt

## Preparation:

Cut the potatoes into slices. Chop the onion and cut the bell pepper and zucchini into cubes. Preheat the oven to 200 °C. Heat the oil in a wok and stir-fry half the onion with the bell pepper and zucchini for 3 minutes. Grease the baking dish with some oil and spoon the vegetable mixture into it. Add the minced meat and the rest of the onion to the wok and stir-fry the minced meat for 3 minutes. Season the minced meat with salt and pepper and divide over the vegetables. Lay the potato slices overlapping on top of the minced meat. Mix the 'Potato Anders'

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cream with the water to a sauce in a bowl. Divide the sauce over the potatoes.  
Bake the dish in the oven for about 40 minutes.

Nutritional value per person:

Energy:	591 kcal
Protein:	23.2 grams
Carbohydrates:	53.2 grams
- including sugars:	13.7 grams
Fat:	30.1 grams
Fiber:	5.9 grams
Salt:	2.4 grams