2 persons / 571 kcal per person

Ingredients:

* 500 grams waxy potatoes
* 350 grams of green beans
* 2 tablespoons of olive oil
* 2 pieces of vegetarian schnitzel "Vivera"
* ½ onion
* ½ teaspoon of mustard
* 1 tablespoon of apricot spread
* water
* pepper and salt

Preparation:

Boil the potatoes in water with salt for 13 minutes until just done. Drain the potatoes and cut into slices. Heat 1 tablespoon of oil in a frying pan and fry the potato slices for about 12 minutes until golden brown and crispy. Cook the green beans al dente for 8 minutes. Meanwhile, heat the remaining oil in another frying pan. Bake the schnitzel for 6 minutes. Keep the schnitzel warm on a plate covered with aluminum foil. Chop the onion. Fry the onion in the shortening. Add 60 ml water, mustard and the apricot spread and reduce for 2 minutes. Season with salt and pepper. Divide the cutlets between 2 plates. Serve with the green beans and baked potatoes and pour the apricot gravy over it.

Nutritional value per person:

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| Energy:  | 571 kcal |
| Protein:  | 21.5 grams |
| Carbohydrates: | 76.6 grams |
| * including sugars:
 | 8.4 grams |
| Fat:  | 19.2 grams |
| Fiber:  | 15.0 grams |
| Salt: | 2.4 grams |