

SHAWARMA OVEN DISH WITH GARLIC PUREE

4 persons / 593 kcal per person

Ingredients:

- 800 grams of fresh stew potatoes
- 2 onions
- 2 cloves of garlic
- 2 tablespoons of olive oil
- 350 grams of chicken thigh fillet strips with shawarma
- 600 grams of Italian stir-fry vegetable mushrooms
- 1 medium egg
- 150 grams of grated cheese mild 30+ pepper and salt

Preparation:

Boil the potatoes in a deep pan with a layer of water and salt for about 20 minutes until tender. Chop the onion and finely chop the garlic. Preheat the grill to the highest setting. Heat the wok with 1tbsp oil and stir-fry the meat for 3 minutes. Add the vegetables and stir-fry for 8 minutes. Spoon the meat and vegetables into the oven dish. Heat the remaining oil in the wok and fry the onion and garlic for 3 minutes. Add the garlic and onion to the hot potatoes and mash it fine. Beat in the egg. Add half of the cheese and season with salt and pepper. Divide the puree over the meat mixture in the oven dish. Sprinkle the rest of the cheese on top and let it brown under the hot grill.

Nutritional value per person:

Energy:	593 kcal
Protein:	32.6 grams
Carbohydrates:	48.7 grams
- including sugars:	10.2 grams
Fat:	27.9 grams
Fiber:	8.4 grams
Salt:	2.1 grams

