

OVEN DISH MINCED MEAT AND POINTED CABBAGE

2 persons / 537 kcal per person

Ingredients

- 400 grams of (floury) potatoes
- 1½ medium onion
- 1 clove of garlic
- ½ tablespoon of olive oil
- ½ fresh pointed cabbage
- 150 grams of half and half minced meat
- ¾ tablespoon of mild bell pepper (paprika)
- ½ tablespoon of cumin seeds
- 60 grams of crème fraîche
- 7½ grams of fresh flat-leaf parsley
- pepper and salt

Preparation:

Boil the potatoes for 20 minutes. Drain and reserve a cup of the cooking water. Let the potatoes cool slightly without the 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

stump from 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 shrunk. Season with pepper and salt if desired. Mash the potatoes with the mash and mix in the crème fraîche and some of the cooking liquid if necessary. Season with salt and pepper. Divide the cabbage-mince mixture over the oven dish. Spoon over the mashed potatoes and smooth. Bake in the oven for about 25 minutes until a crispy edge forms on the puree. Finely chop the parsley and sprinkle over the oven dish.

Nutritional value per person:

Energy:	537 kcal
Protein:	27.2 grams
Carbohydrates:	52.1 grams
- including sugars:	15.3 grams
Fat:	22.3 grams
Fiber:	10.2 grams
Salt:	1.2 grams

