

# GERMAN STEAK WITH ONION MARMALADE AND RED CABBAGE

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2 persons / 591 kcal per person

## Ingredients:

- 2 German steaks
- 2½ tablespoons of olive oil
- 200 grams of red onions
- 25 milliliters of red port
- 1 teaspoon of mustard
- 25 milliliters of red wine vinegar
- 1½ tablespoons of brown sugar
- 1 jar of red cabbage (355 grams)
- 400 grams of baby potatoes
- salt



## Preparation:

Cut the red onions into rings (adjusted). For the onion marmalade, heat a ½ tablespoon of olive oil and fry the onions in it. Add red port, mustard, red wine vinegar and brown sugar to the onions and simmer gently for about 15 minutes. Let it cool slightly. Preheat the potatoes for 2 minutes in the microwave on high power, heat 1 tablespoon of oil and fry the potatoes for 12-15 minutes until golden and cooked, sprinkle with a little salt. Meanwhile, heat the red cabbage on low heat. Heat also 1 tablespoon of the oil for the steak and fry the meat about 6 minutes on each side for medium. Spoon the onion marmalade on top of the meat and serve with the red cabbage and baby potatoes.

## Nutritional value per person:

Energy:	591 kcal
Protein:	30.0 grams
Carbohydrates:	66.7 grams
- including sugars:	27.2 grams
Fat:	20.4 grams
Fiber:	7.9 grams
Salt:	2.4 grams