

GREEN BEAN - BEEF MIX WITH CREAM CHEESE PUREE

4 persons / 543 kcal per person

Ingredients:

- 2 onions
- 1¼ tablespoon of olive oil
- 300 grams of lean ground beef
- 450 grams of green beans
- 90 grams of red pesto
- 800 grams of floury potatoes
- 125 grams of fresh cream cheese light with herbs
- salt



Preparation:

Boil the potatoes in boiling water, with salt, for 16 minutes until tender and drain, reserving some cooking water. Mash the potatoes into a nice puree, use some cooking water if necessary. Mix the mashed potatoes with the cream cheese. Meanwhile, cook the green beans al dente for 8 minutes. Preheat the oven to 200 °C. Cut the onions into half rings. Heat 1 tablespoon of oil in a frying pan and fry the onion on high heat for 3 minutes. Add the minced meat and fry for 5 minutes. Mix the green beans and pesto with the minced meat. Spoon the mixture into a greased baking dish. Divide over the green bean mince mixture. Place the oven dish in the middle of the oven for about 20 minutes. Use the grill to get a better color, but keep an eye on the oven.

Nutritional value per person:

| | |
|---------------------|------------|
| Energy: | 543 kcal |
| Protein: | 25.9 grams |
| Carbohydrates: | 50.0 grams |
| - including sugars: | 5.7 grams |
| Fat: | 26.0 grams |
| Fiber: | 10.5 grams |
| Salt: | 1.2 grams |