Afbeelding met tekst, sluiten

Automatisch gegenereerde beschrijving

Afbeelding met bord, voedsel, binnen, schotel

Automatisch gegenereerde beschrijving

2 persons / 520 kcal per person

Ingredients:

* 200 grams of beef tartar
* ½ medium egg
* 1 teaspoon ras el hanout
* 125 grams of small tomatoes
* ½ tablespoon of mild olive oil
* 250 grams of sweet potatoes
* 250 grams floury potatoes
* 300 grams leek
* pepper and salt

Preparation:

Preheat the oven to 200 °C. Put the tartare in a bowl and mix with the egg, ras el hanout, pepper and salt if necessary. Roll one ball per person with moist hands. Divide the tartare balls over a baking tray covered with baking paper and bake for approx. 20 minutes until golden brown and done. Toss halfway through. Drizzle the tomatoes with the oil and roast for the last 10 minutes. Meanwhile, peel the sweet potato (and possibly the floury potatoes) and cut them into equal pieces of ~4 cm. Boil the sweet potato in plenty of water with salt for 20 minutes. Add the floury potato for the last 12 minutes to this. Wash the leek, cut into thin rings, add to the potatoes for the last 5 minutes. Drain the potatoes and leeks, collect a cup of the cooking liquid and mash with some of the cooking liquid into a puree. Season with pepper. Divide the roasted tomatoes on top and serve with the tartare balls.

Nutritional value per person:

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| Energy: | 520 kcal |
| Protein: | 28.8 grams |
| Carbohydrates: | 62.2 grams |
| * including sugars: | 14.2 grams |
| Fat: | 15.1 grams |
| Fiber: | 11.4 grams |
| Salt: | 1.7 grams |