

OVEN DISH OF POTATO AND MUSHROOMS



2 persons / 409 kcal per person

Ingredients:

- 500 grams of (slightly) floury potatoes
- 250 grams pre-cut leek
- 200 grams of chestnut mushrooms
- 100 grams of onion
- 1 garlic clove
- 1 tablespoon of olive oil
- 1 teaspoon garam masala
- 30 grams oven gratin grated cheese
- pepper and salt

Preparation:

If the potatoes are not yet peeled, peel the potatoes, and cut them into equal pieces. Boil the potatoes for 12 - 20 minutes depending on type of potatoes. Drain the potatoes and collect 100 ml cooking liquid (per 2 persons). Mash finely with the potato masher. Mix in the cooking liquid and season with salt and pepper. Meanwhile, slice the mushrooms. Cut the onion into half rings and finely chop the garlic. Preheat the oven to 200 °C. Heat the oil in a frying pan over a high heat and fry the mushrooms for 3 minutes. Add the onion and leek and cook over medium heat for 4 minutes. Turn the heat down to low, add the garlic

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and garam masala and fry for another 2 minutes. Divide the vegetables over the oven dish / oven dishes and divide the mashed potatoes over it. Sprinkle with the cheese and bake in the oven for about 40 minutes until golden yellow, the last 10 minutes with the upper grill on.

Nutritional value per person:

Energy:	409 kcal
Protein:	14.1 grams
Carbohydrates:	59.0 grams
- including sugars:	9.8 grams
Fat:	10.8 grams
Fiber:	9.1 grams
Salt:	0.8 grams