

MEAT STEW WITH PUREE



2 persons / 403 kcal per person

Ingredients:

- 1½ onion (150 grams)
- 12.5 grams of unsalted butter
- 150 grams minced beef
- ½ tablespoon of vinegar
- 1 clove
- 1 sachet beef gravy (19 grams)
- 250 ml boiling tap water (for stew)
- 200 grams of fresh or pre-cut string beans
- 1 sachet of potato puree à la minute naturel (prepared 400 grams)
- salt

Preparation:

Let the water with salt boil for the string beans, cook the string beans in ~8 minutes until al dente. Meanwhile, chop the onions coarsely. Heat the butter in a frying pan and fry the onion for 1 minute. Add the minced meat and fry for 5 minutes. Add the vinegar, clove, the content of the sachet of beef gravy and the boiling water. Cook over medium heat for 6 minutes. Prepare the puree according to the directions on the package. Drain the string beans and remove the cloves from the stew. Serve with mashed potatoes and string beans.

MEAT STEW WITH PUREE

Nutritional value per person:

Energy:	403 kcal
Protein:	44.1 grams
Carbohydrates:	74.6 grams
including sugars:	11.8 grams
Fat:	34.0 grams
Fiber:	15.3 grams
Salt:	5.6 grams