

CELERIAC - POINTED CABBAGE DISH WITH SPICY MINCE

4 persons / 559 kcal per person

Ingredients

- 1 celeriac
- 250 grams of floury potatoes
- 2 cloves of garlic
- 1 tablespoon of olive oil
- 1 onion
- 500 grams of lean ground beef
- 1 red pepper
- 4 tablespoons of tomato sauce
- 1 pointed cabbage
- 80 grams of Parrano chips / grater
- pepper and salt

Prepare

Peel and dice the celeriac. Peel the garlic. Boil the celeriac, potato and garlic in salted water for 15 minutes. Preheat the oven to 200°C. Chop the onion. And finely chop the red pepper. Heat the oil and fry the onion for about 5 minutes. Add the minced meat and fry on a high setting for a few minutes. Add the red pepper and tomato sauce and let the minced meat simmer covered for another 5 minutes. Drain and mash the potato and celery. Season this puree well with salt and pepper. Cut the pointed cabbage into strips. Divide half of the minced meat sauce over the baking dish and cover with half of the pointed cabbage. Press the cabbage well and spread half of the celeriac puree over it. Sprinkle with half of the cheese. Follow with a second layer of ground beef, cabbage and mash and sprinkle with the rest of the cheese. Gratinat the dish in about 15 minutes high in the oven.



Nutritional value per person:

Energy:	559 kcal
Protein:	40.3 grams
Carbohydrates:	38.6 grams
- including sugars:	12.3 grams
Fat:	26.5 grams
Fiber:	8.9 grams
Salt:	1.9 grams