

# OVEN DISH WITH GREEN BEANS AND VEGA MEAT

---



2 persons / 582 kcal per person

## Ingredients:

- 400 floury potatoes
- 75 grams of red onions
- 1 tablespoon olive oil
- 175 grams of veggie minced meat
- 45 grams of red pesto
- 200 grams of broken green beans
- 12 grams of unsalted butter
- 50 grams of grated cheese
- pepper and salt

## Preparation:

Boil the potatoes until tender and drain and reserve a cup of the cooking liquid. Preheat the oven to 180°C. Meanwhile, cut the onions into half rings. Heat the oil in a frying pan and fry the onion over low heat for 5 minutes. Add the minced meat and cook for 5 minutes over medium heat. Meanwhile, cook the green beans in water with any salt for 6 minutes. Mix the green beans and pesto through the meat. Remove the pan from the heat. Mash the potatoes with some cooking liquid and the butter with a potato masher to a puree. Season with salt or pepper if desired. Divide the mince meat mixture in an oven dish and spread the puree over it. Sprinkle the cheese over it. Bake for about 20 minutes in the middle of the oven.

# OVEN DISH WITH GREEN BEANS AND VEGA MEAT

---

Nutritional value per person:

Energy:	582 kcal
Protein:	31.1 grams
Carbohydrates:	48.1 grams
- including sugars:	6.0 grams
Fat:	27.8 grams
Fiber:	13.0 grams
Salt:	2.4 grams