

# CHOPPED BALLS IN BEER SAUCE WITH BABY POTATOES AND GREEN BEANS

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2 persons / 539 kcal per portion

## Ingredients:

- 300 grams baby potatoes
- 10 grams unsalted butter
- ½ tablespoon oil
- 6 Dutch beef balls
- 150 ml brown beer (Kasteel)
- 1½ tablespoons apple syrup
- 300 grams fresh green beans
- 1 onion
- salt



## Preparation:

Cut the onion in half rings and fry it brown in a frying pan. Remove the stem from the green beans and cut them into pieces, rinse them, add some water with salt in a pan. Heat the butter in a frying pan and fry the beef balls around brown in 4 minutes. Add the beer and syrup, bring to a boil and cook over medium heat for about 7 minutes. Take the balls out of the pan and keep warm under aluminum foil. Cook the sauce over medium heat until it sticks to the back of a wooden spoon. This takes about 5 minutes. Meanwhile, punch some holes in the bantam packaging and heat them for 2 minutes at 900 watts in the microwave. Heat a ½ tablespoon of oil and fry in the 10 minutes brown and cooked. Shake with some salt. Simmer the green beans for 8 minutes until al dente. Sprinkle the green beans with the fried onions. Serve the meatballs in beer sauce with the green beans and fried potatoes.

## Nutritional value per person:

Energy:	539 kcal
Protein:	23.3 grams
Carbohydrates:	50.5 grams
- including sugars:	6.5 grams
Fat:	21.9 grams
Fiber:	9.4 grams
Salt:	2.0 grams