

# MEDITERRANEAN OVEN DISH WITH SAUSAGE AND PUREE

2 persons / 574 kcal per person

## Ingredients:

- 500 grams of floury potatoes
- 200 grams of beef bratwurst
- 1 onions
- 1 garlic
- 1 red bell pepper
- 200 grams of diced tomatoes
- ½ tablespoon dried Provencal herbs
- 50 ml of semi-skimmed milk
- 12 grams unsalted butter
- pepper and salt



## Preparation:

Boil the potatoes for 18-20 minutes with a little water and salt until done. Cut the sausage into pieces of approx. 2 cm, the onions in rings, garlic and the pepper in strips. Heat a skillet and fry the sausage for 3 min. Add the onion and fry for 2 min. Add the bell pepper and garlic and fry for 2 min. Add the tomato cubes and herbs and bring to a boil and reduce the heat to low. Season with salt and pepper. Meanwhile, preheat the oven to 180 °C. Drain the potatoes and let dry on a warming plate over low heat for 2 min. Meanwhile, heat the milk in a saucepan. Puree the potatoes with the puree masher. With a whisk, beat in the milk and butter until the puree is thick and smooth. Spoon the sausage-vegetable mixture into the baking dish(es) and divide the puree over it. Bake in the middle of the oven for about 20 minutes.

## Nutritional value per portion:

Energy:	574 kcal
Protein:	28.0 grams
Carbohydrates:	56.5 grams
- including sugars:	12.5 grams
Fat:	27.4 grams
Fiber:	7.1 grams
Salt:	2.4 grams