

OVEN DISH WITH VEGA MINCED MEAT AND GREEN BEANS

2 persons / 467 kcal per person

Ingredients:

- 500 grams of floury potato
- 200 grams of chilled fresh green beans
- 3 vine tomatoes
- 1 clove of garlic
- 1 tablespoon of olive oil
- 200 grams of loose pieces (AH) or veggie finely chopped
- 1 tablespoon of 'Zaanse' mustard
- 10 grams of almond flakes
- ½ teaspoon of paprika powder
- pepper and salt
- butter for greasing the oven dish

Preparation:

Boil the potatoes in water with salt for 14-16 minutes until tender. Drain, but collect some of the cooking water. Mash the potatoes with the potato masher. If necessary, add some cooking liquid to make it smoother. Season with pepper. Meanwhile, cook the green beans in a pan of water for 6 minutes until al dente. Drain. In the meantime, cut the tomatoes into cubes. Finely chop the garlic. Heat half of the oil in a frying pan and fry the tomato, garlic and loose pieces for 5 minutes. Add the green beans and mustard and fry for 3 minutes. Season with pepper and salt if desired. Meanwhile preheat the oven to 180 ° C. Grease the oven dish. Divide the minced meat mixture over the oven dish and divide the puree over it. Smooth the mashed potatoes with the back of a spoon. Drizzle with the rest of the oil and spread the almonds and paprika on top. Bake in the middle of the oven for about 20 minutes until golden brown and done.

Nutritional value per person:

Energy:	467 kcal
Protein:	29.2 grams
Carbohydrates:	55.5 grams
- including sugars:	7.2 grams
Fat:	12.6 grams
Fiber:	14.0 grams
Salt:	2.1 grams

