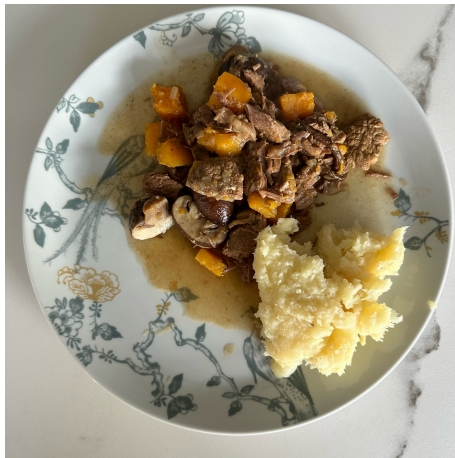


PUMPKIN-BLADE STEAKS STEW WITH MUSHROOMS AND PARSNIP PUREE



2 person / 536 kcal per person

Ingredients:

- 1 medium onion
- 1 clove garlic
- 400 grams of blade steaks
- 1 tablespoon of olive oil
- 200 grams of mushrooms for pasta
- ¼ beef stock tablet
- 400 ml of water
- 200 grams of chilled pumpkin cubes
- 400 grams of parsnips

Preparation:

Cut the onion into half rings and a half the garlic finely. Cut the meat into pieces of ~ 2 cm and sprinkle with pepper and possibly (sea) salt. Heat the oil in a frying pan and fry the meat over high heat for 3 minutes until brown on all sides. Remove the meat from the pan. Strip the thyme and oregano leaves from the container of mushrooms for pasta. Fry the onion, finely chopped garlic, thyme and oregano for 1 minute in the remaining cooking fat. Place the meat, stock cube and water in the pan. Bring to the boil, turn the heat down and let it simmer for 3 hours with the lid on the pan over low heat. In the meantime, halve

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only the mushrooms. Add them to the stew with the other mushrooms and pumpkin cubes during the last 30 minutes and bring to the boil again. Remove the lid from the pan during the last 15 minutes. Season the stew with pepper and (sea) salt if necessary. In the meantime, peel the parsnips and cut into cubes of about 2 cm. Boil the parsnips together with the rest of the garlic in a pan with water for 6 minutes until done. Drain the parsnips and garlic and puree with a hand blender until a smooth puree. Season with pepper and (sea) salt if desired. Serve the stew with the parsnip puree.

Nutritional value per person:

Energy:	536 kcal
Protein:	50.0 grams
Carbohydrates:	33.4 grams
- including sugars:	16.6 grams
Fat:	19.4 grams
Fiber:	14.2 grams
Salt:	2.5 grams