



Spinach and feta mash

Receta de V-ZUG AG



Preparación
Tiempo de
cocción
Porciones

4

Preparation

600 g potatoes, mealy, medium-sized

Peel and quarter the potatoes and put into the plastic perforated cooking tray.

Place the cooking tray on the hardened glass dish in the cold cooking space. Steam.

Vapor Power 100 °C durante 16 Min.

30 g spinach, fresh

30 g feta

60 ml milk

2 tbsp butter, liquid

½ cloves of garlic

Pepper

Salt

Cut the spinach into thin strips. Crumble the feta cheese. Peel and crush the garlic.

Transfer the steamed potatoes to a bowl. Mash with a potato masher and mix in the other ingredients. Season with salt and pepper.

Accesorios

Hardened glass dish

Plastic perforated cooking tray ⅓ GN, depth 52 mm

Información complementaria

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