Curly kale, spring onion and horseradish mash

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	16 Mins
מנות	4
התקן	Combi-Steam MSLQ

Preparation

450 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 on the right-hand side of the cold cooking space. Steam.

PowerDämpfen 100 °C for 11 Mins

150 g curly kale

Wash the curly kale, cut the leaves from the stem and put in the plastic perforated cooking tray.

Place the cooking tray on the hardened glass dish on the left-hand side of the warm cooking space. Steam.

Put the food in

PowerDämpfen 100 °C for 5 Mins

60 g spring onions

15 g horseradish

60 g butter, liquid

Pepper

Salt

Cut the spring onion into thin rings. Grate the horseradish.

Cut the steamed curly kale into fine strips. Transfer the steamed potatoes to a bowl. Mash with a potato masher and mix in the curly kale and all the other ingredients. Season with salt and pepper.

אביזרים

Hardened glass dish

Plastic perforated cooking tray ⅓ GN, depth 52 mm

מידע נוסף

הופק ביום	11.12.2019