Spinach and feta mash

מתכון מאת V-ZUG Ltd.



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

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.

PowerDämpfen 100 °C for 16 Mins

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.

אביזרים

Hardened glass dish

Plastic perforated cooking tray ⅓ GN, depth 52 mm

מידע נוסף

הופק ביום	11.12.2019