

INGREDIENTS

1 pack Garden Gourmet Vegan Frikadelle
600g floury potatoes
400g fresh spinach
1 red onion
1 small shallot
1 tsp fine mustard
100ml plant-based milk
50ml extra. virgin olive oil
1 tsp plant-based gravy powder natural
salt and pepper



Looking for a comfort for the cold days? Garden Gourmet has the perfect recipe for you ! It is smooth, brings you your greens and is of course vegan: Try out the Spinach Stamppot with the Vegan Frikadelle.

PREPARATION

1. Prepare the potatoes

Peel the potatoes with a peeler, cut them into equal-sized pieces and bring them to the boil just under water with some salt with the lid on the pan.

2. Cook the veggies

Cook the potatoes for about 20 min. until tender.

Meanwhile, chop and sauté the shallot in a little oil in a stirfry pan. Coarsely chop the spinach, add it and let it shrink a little.

3. Mash the potatoes

Drain the potatoes and mash them with a potato masher.

4. Create the stamppot

Add the milk and olive oil and spoon in the spinach. Season to taste with salt and pepper. Keep the stew warm with the lid on the pan.

5. Prepare the gravy

Chop the red onion and fry it briefly in some oil until it starts to color lightly. Prepare the vegetarian gravy according to the instructions on the package and add the onions and a spoonful of mustard.

6. Cook the Frikadelle and Serve

Fry the Garden Gourmet Vegan Frikadelle according to instructions on the package and serve with the stew and gravy.

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