

INGREDIENTS

 2 SERVINGS

 35 MIN

 EASY

1 pack Garden Gourmet Frikadelle
600 g potatoes
1 big leek
1 large red onion
2 tbsp coarse mustard
150g plant-based milk
125 ml plant-based cooking cream
1/2 cube vegetable stock
2 tsp soy sauce
2 sprigs parsley
2 tbsp oil
2 tbsp oil
Some salt and pepper

CULINARY TIP

All you need to make the creamy mustard gravy

You will need:
125 ml vegetable cooking cream
1/2 cube vegetable stock
2 tsp soy sauce
1 tbsp coarse mustard
Few sprigs of parsley

Who says plant-based dishes cannot taste creamy? Our golden brown and plant-based Garden Gourmet Frikadelle, perfectly paired with the rich leek mustard potato stew, will prove any critics wrong and give you a warm and homey feeling. Try this recipe now!

PREPARATION

1. Boil the potatoes

Peel the potatoes, halve them into equal pieces and boil them in plenty of salted water for about 20 minutes.

2. Fry the leeks and potatoes

Cut the leeks lengthwise once and then into 1/2 cm slices. Wash the leek, drain and fry on a high heat for a few minutes until crispy in a frying pan. Season with salt and pepper. Peel and cut the onion into half rings and fry them in a little oil until golden brown.

3. Make the mustard gravy

Bring the vegan cream with the stock cube and 50 ml water to the boil. Add the mustard and a dash of soy sauce. Add more water or reduce to desired thickness. Check out the tips for all of the ingredients needed for the gravy.

4. Combine to make the potato stew

Bring the milk to a boil. Drain the potatoes. Grind them coarsely and add the warm milk little by little to a coarse smooth puree. Stir in the mustard and leek and add salt and pepper if necessary.

5. Prepare the frikadelle, serve, and enjoy!

Brown the Garden Gourmet Frikadelle according to the instructions on the package. Serve the stew with the red onion, the frikadelle and mustard sauce. Sprinkle with coarsely chopped parsley.

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