

CREAMY MASHED POTATOES AND GREEN BEANS SALAD WITH VEGAN FRIKADELLE

INGREDIENTS

1 pack Garden Gourmet Vegan Frikadelle
300g green beans
100g cherry tomatoes
1 small red onion
50g rocket lettuce
1 lemon
600g floury potatoes
2 tbsp balsamic vinegar
125ml plant-based milk
50g plant-based butter
4 tbsp extra virgin olive oil
salt and pepper

 2 SERVINGS

 35 MIN

 EASY

Feeling like eating something recomforting and traditional? We have the perfect recipe for you! This vegan dish is all you need: some creamy mashes potatoes, a green bean salad and the star: our Garden Gourmet Vegan Frikadelle

PREPARATION

1. Cook 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. Cook the potatoes for about 20 min until tender and drain.

2. Cook the green beans

Bring a pot of water and salt to the boil to cook the beans. Meanwhile, cut the ends off the beans and cook them until crisp tender. Drain and rinse them under cold water and pat dry.

3. Assemble the salad

Mix the green beans with the sliced cherry tomatoes, onion cut into thin rings and the arugula. Drizzle with olive oil and balsamic vinegar. Season to taste with salt and pepper.

4. Prepare the mashed potatoes

Heat the milk with the butter and add some to the potatoes. Using a mashed potato masher, mash the potatoes, add the rest of the milk mixture and, using a whisk, stir the potatoes into an airy creamy puree. Season to taste with salt and pepper.

5. Cook the Frikadelle and serve

Fry the Frikadelle according to the directions on the package until nicely browned and serve with the mashed potatoes and salad.

**CHECK OUT MORE RECIPES AT
GARDENGOURMET.COM**