



Spinach and feta mash

食谱作者 V-ZUG 瑞族



制备过程 20 分钟
烘烤的时间：烘烤时间取决于机器
份 4
电器 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.
在 **PowerDämpfen** 期间为 **100 16 分钟**°C

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.

配件

Hardened glass dish

Plastic perforated cooking tray ⅓ GN, depth 52 mm

附加信息

创建时间 11.12.2019

