



Spinach and feta mash

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 4

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.

PowerDampning 100°C i 16 Min.

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.

Tilbehør

Hardened glass dish

Plastic perforated cooking tray ⅓ GN, depth 52 mm

Yderligere oplysninger

Oprettet den

12.04.2023

