



*Elvea, festa all'italiana*

## One pot oven dish with vegetables and minced meat



### Ingredients for 4 Persons

600 g	glutenvrij kalfsgehakt
1 bottle	ELVEA Polpa di pomodoro
2 tablespoons	dried oregano
1	onion, chopped
3	carrot in cubes
1	courgette in blokjes gesneden
2 handful	verse spinazie
1	cauliflower
1 pinch	nootmuskaat
4 tablespoons	olive oil
1 pinch	salt
	black pepper

### Preparation

1. Steam or boil the cauliflower until tender. Season with pepper, salt, nutmeg and 2 tbsp olive oil and blend with a hand blender to a smooth puree.
2. Heat 2 tbsp olive oil in an ovenproof thick-bottomed pan and fry the onion for 2 minutes. Add the carrots and courgette and fry for 5 minutes. Then add the minced meat and fry until loose. When the minced meat is cooked, add the Elvea Polpa and the oregano.
3. Leave to simmer for 10 minutes. Season with pepper and salt.
4. Finally, spoon in the cauliflower puree.
5. Keep in the fridge and take out of the oven 10 minutes before use.
6. Preheat the oven to 180°C.
7. Bake the oven dish for 20 minutes at 180°C.

Serve with a tasty salad.

Bon appetit!

Recept info: Must Be Yummie

