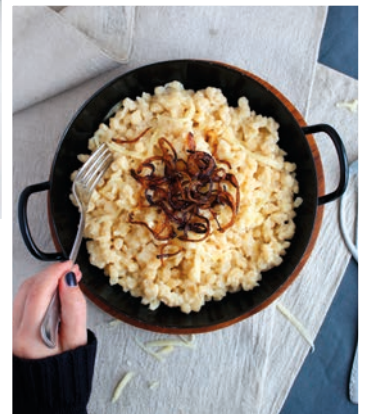




BEEF FILET WITH MEDITERRANEAN VEGETABLES AND LOW-FAT KÄSESPÄTZLE

PREPARATION TIME: 45 MINUTES



BEEF FILET WITH MEDITERRANEAN VEGETABLES INGREDIENTS

- 480 g bell peppers
- 120 g spring onions
- 200 g cherry tomatoes
- 800 g carrots
- 400 ml vegetable stock
- 400 g beef filet
- Rapeseed oil
- Salt and pepper
- Cayenne pepper
- Coriander

PREPARATION METHOD

1. Mix together the eggs, salt and some water to produce a dough. Knead the dough and then put it to one side.
2. Meanwhile, wash and slice the bell peppers, spring onions, tomatoes and carrots.
3. Place in a 2 L iCook saucepan with the hot vegetable stock.
4. Season with salt, cayenne pepper and coriander, place the lid on the pan and allow to simmer for 5 minutes.
5. Warm the medium iCook Non-Stick Frying Pan on high heat.
6. Season the beef filet with salt and pepper and fry each side thoroughly for 1–2 minutes.
7. Place the spätzle dough in a plastic bag with holes then gently squeeze the spätzle out through the holes into an iCook 4 L Stockpot of boiling water.
8. Place the spätzles layer by layer in an iCook Mixing Bowl. Grate the cheese over them and turn them in the bowl with a scoop of hot water.
9. Fry onions in the smallest iCook Non-Stick Frying Pan and place on top of the spätzle.
10. Remove the beef from the pan, pour over some of the vegetable stock, then serve with the spätzle and simmered vegetables.

LOW-FAT KÄSESPÄTZLE INGREDIENTS

- 170 g flour
- 2 eggs
- 50 g Edam cheese
- 45 g Camembert
- 2 onions, peeled
- 1/2 tablespoon rapeseed oil
- A little water