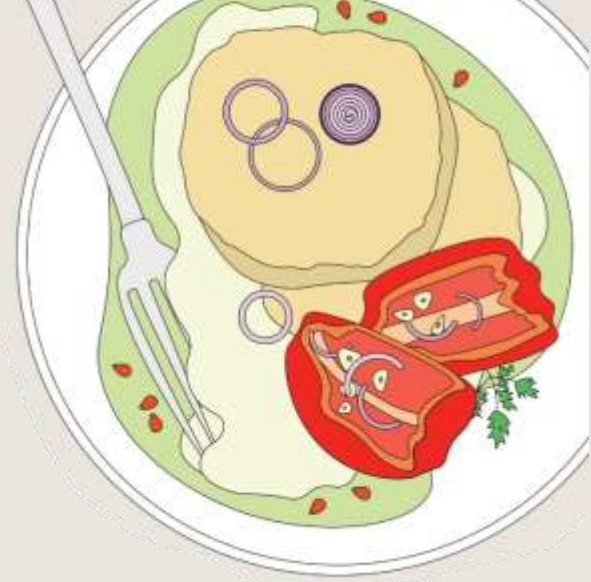


Oat Cakes with Herb Sauce, Mashed Potato & Sweet Peppers

Serves 4

Approximate preparation time: 60-90 minutes



Quantity	Ingredients	Preparation
Oat cakes		
1 dl	cow's milk	Soak the oatmeal in water and milk. Prepare the onions, finely chop and sauté until translucent. Mix the cheese with the onions, eggs, flour and the oatmeal, and season. Heat the olive oil in the pan and fry circular portions of the oatmeal. Ensure that the individual oat cakes in the pan do not touch each other. Fry until a golden-brown crust has formed on the underside, then turn.
45 g	hard cheese 30% fat	
3 tbsp	olive oil	
170 g	oatmeal	
1 dl	water	
1	onion (small)	
1 tbsp	spelt flour	
3 pinches	salt	
2 pinches	pepper	
2	eggs (small)	
Herb sauce		
2 dl	water	Finely chop the parsley. Heat the butter in a pan, add the flour and sauté, stirring until there are no clumps remaining. Deglaze with white wine and reduce. Top up with vegetable stock dissolved in water and simmer for about 5 minutes. Add the cream and season to taste.
1 tbsp	butter	
1 tbsp	white wine	
1 tbsp	vegetable stock	
2 tbsp	cream 30% fat	
1 pinch	pepper	
12 g	parsley	
1 g	salt	
1 tsp	wheat flour	
Sautéed sweet peppers		
2 pinches	pepper	Wash and slice the sweet peppers. Finely chop the garlic and thinly slice the onions. Marinate vegetables with oil and spices, and sauté in a hot pan.
2 tbsp	sunflower oil	
1	onion	
1 clove	garlic	
3 pinches	salt	
3	sweet red peppers	
Mashed Potato		
3 g	salt	Bring salted water to the boil and remove from heat. Stir in the mashed potato powder until everything has dissolved and set aside in a covered pan. Add butter. Refine as desired.
100 g	mashed potato powder	
5 dl	water	
1 tsp	butter	

Fun fact:

Oats contain a lot of dietary fibre.