

VEGETARIAN BELL PEPPER ROULADE

with mashed potatoes and parsley sauce

Preparation for 10 portions

Bell pepper roulade:

Clean the bell peppers and the onions and cut into rough cubes. Sauté together lightly in a saucepan with a little oil then top up with vegetable stock. Allow to boil for 10 minutes, puree and strain if required. Season to taste and add the GELEAhot. Bring to the boil again for one minute, spread the mass in a thin layer on a silicone baking mat then refrigerate for approx. 30 minutes at +6°C.

Cream cheese filling:

Bring the cream cheese and the cream to the boil in a saucepan, season to taste and add the GELEAhot. Bring to the boil again for one minute then allow the mass to cool down a little. Spread the cream cheese filling in a thin layer on the bell pepper mass once it has cooled down and roll it up to form a roulade. Refrigerate the bell pepper roulade for approx. 30 minutes at +6°C then cut into portions.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Parsley sauce:

Bring the Bechamel sauce and cream to the boil and season to taste with parsley.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes then serve with the Bechamel sauce.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Bell pepper roulade
550 g	Red bell peppers
50 g	Onions
400 ml	Vegetable stock
30 ml	Rapeseed oil
	Salt, ground paprika
40 g	GELEAhot
Ingredients	Cream cheese filling
250 g	Cream cheese
250 ml	Cream (30%)
	Salt, pepper
20 g	GELEAhot
Ingredients	Mashed potatoes
600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
	Salt, nutmeg
Ingredients	Parsley sauce
250 ml	Bechamel sauce
250 ml	Cream (30%)
5 g	Parsley (chopped)

Nutrition facts per 100 g*

Energy/ Calories	659 kJ/ 158 kcal
Fat of which saturates	13.8 g 7.99 g
Carbohydrates of which sugars	6.1 g 2.1 g
Fibre	2.4 g
Protein	2.6 g
Salt	0.2 g

*Calculated without the sauce

