

MEAT LOAF WITH EGG,
*mixed vegetables, asparagus and
 mashed potatoes with herbs*

Ingredients **Meat loaf with egg**

700 g	Cooked meat loaf
300 ml	Meat stock
40 g	GELEAcold
200 g	Scrambled eggs (seasoned)
50 ml	Full-fat milk 3.5%
50 ml	Rapeseed oil
12 g	GELEAcold

Ingredients **Diced peas/
 carrots/kohlrabi**

250 g	Peas/carrots/ kohlrabi (frozen)
70 ml	Vegetable stock
10-15 g	GELEAcold Salt, sugar, nutmeg

Ingredients **Asparagus**

250 g	Fresh asparagus (cooked)
70 ml	Asparagus stock
20 ml	Melted butter
40 g	GELEAcold Salt, sugar

Ingredients **Mashed potatoes
 with herbs**

500 g	Potatoes (cold)
300 ml	Milk (cold)
200 ml	Melted butter
5 g	Fresh herbs Salt, nutmeg

Nutrition table for one serving
 (approx. 220 g)

Energy/ Calories	1239 kJ/ 296 kcal
Fat	21.9 g
Of which saturates	11.2 g
Carbohydrates	15.1 g
Of which sugars	4.8 g
Fibre	4.1 g
Protein	8.0 g
Salt	0.6 g

Meat loaf with egg:

Blend the meat loaf with the stock to a very fine puree for 5 min, add the GELEAcold and stir in for 20 sec. For the egg filling, blend the scrambled eggs, milk and seasonings to a very fine puree for 5 min then add the GELEAcold and stir in for 20 sec. Fill the meat and egg mass into separate disposable piping bags and then pipe first of all the egg filling in the middle of a "Meat Slice" silicone mould then the meat mass around it, cover with the lid and freeze.

Diced peas, carrots and kohlrabi:

Blend the peas, carrots and kohlrabi separately with vegetable stock and seasonings to a very fine puree for 5 min then add the GELEA-cold and stir in for 20 sec. Spread each mass in a layer about 1.5 cm high in a rectangular baking tray lined with cling film, freeze and then dice.

Asparagus:

Blend all the ingredients to a very fine puree for 5 min, add the GELEAcold and stir in for 20 sec. Pipe into an

"Asparagus" silicone mould with a disposable piping bag, cover with a lid and freeze.

Mashed potatoes with herbs:

Blend all the ingredients to a very fine puree for 5 min. Use a disposable piping bag and a star-shaped nozzle to pipe the mass in decorative shapes onto a GN baking tray then freeze.

Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 min.

Optional crayfish butter sauce:

Bring the gravy to the boil and stir in the crayfish butter. Pour the sauce over the meat loaf.

Kitchen tips:

The finer the puree, the better the result! We suggest the Robot Coupe Blixer and a pureeing time of 5 min. Cover and heat in the microwave for max. 5 min at medium heat (400W). Test heating behaviour beforehand!



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