

Your Gemüsebox recipe

Valentine's Day Menu:

Potato and red cabbage casserole, root vegetable carpaccio & baked apple

Ingredients for 2 people

Potato and red cabbage casserole

400 g potatoes

1/4 head red cabbage

2 onions

400 ml vegetable broth

1 tsp sunflower oil

salt, pepper

Grated cheese or vegan alternative to taste

Preparation

Slice the onions. Peel potatoes, slice thinly. Cut cabbage into fine strips. First put the onions in the baking dish with the oil, then add the potato slices and the cabbage. Sprinkle with cheese. Pour in vegetable broth. First cook covered (covered with lid or baking paper) at 175 degrees for 30 minutes. Then bake uncovered for another 30 minutes until crispy.

Root vegetable carpaccio

1 black radish

2 red carrots

1 root parsley

Dressing:

8 tbsp vegetable oil

4 tablespoons vinegar

1 tablespoon honey or vegan alternative

Seasonings: Salt and pepper

Preparation

Wash radish and carrots and cut into thin slices. Wash and peel the root parsley and also cut into thin slices. Arrange them alternately on a plate. For the dressing, mix all ingredients together. Drizzle over the vegetables & let sit for about 15 minutes.

Baked apple:

2 apples

2 tsp honey or a vegan alternative

1 pinch of cinnamon

1 tsp butter / margarine

To taste: ground nuts, raisins or almond slivers

Preparation:

Grease the baking dish with a little margarine.

Wash the apples, cut out the core and place in the baking dish.

For the filling, mix the ingredients such as raisins, almond slivers, nuts, honey and cinnamon.

Fill the apples evenly with this mixture and put another flake of margarine on each apple.

Place in the oven still hot from the casserole and bake for about 15 - 20 minutes at 200 °C. Enjoy as a dessert. Bon appétit!