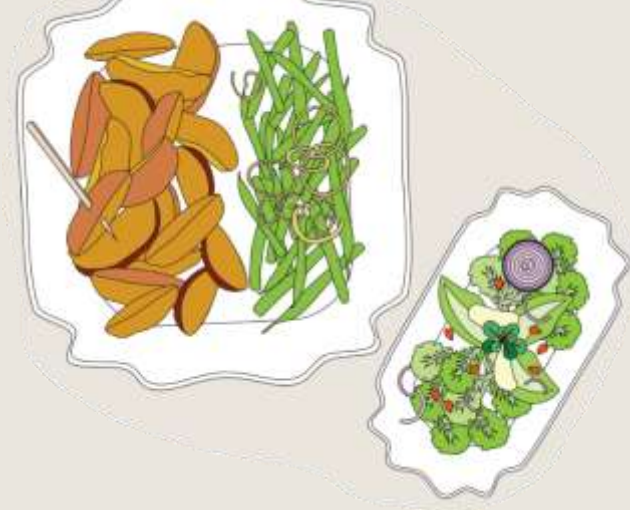


Paprika Potato Wedges with Beans & Salad

Serves 4

Approximate preparation time: 25-30 minutes



Quantity	Ingredients	Preparation
Country fries		
740 g	potatoes (waxy)	Wash the potatoes, cut into slices and marinate with the rapeseed oil, salt and spices. Place on a baking tray lined with baking paper and bake in a preheated oven at 180 °C for about 30 minutes.
0.5 dl	rapeseed oil	
1 tsp	salt	
1 tsp	sweet paprika	
Beans		
1	onion (small)	Blanch frozen beans in boiling salted water then rinse with cold water. Finely chop the onions and sauté in olive oil. Add the beans and season to taste (use salt sparingly).
1 tbsp	olive oil	
620 g	frozen green beans	
Salad		
300 g	lettuce	Mix sunflower oil, herb vinegar, water, mustard, sugar and pepper into a dressing. Add the salad and mix.
2 tbsp	water	
3 pinches	sugar	
1 tsp	mustard	
2 tbsp	herb vinegar	
1 pinch	pepper	
5 tbsp	sunflower oil	

Fun fact:

Beans contain a lot of vitamins and dietary fibre and are a good source of protein.