

Ängamat

Perfect late summer food now that it's starting to be a little autumn with lots of flavor and nutritious vegetables

Ingredients 4 persons

2 carrots
1 cauliflower
6 potatoes, preferably fresh
150 g sugar peas
2 red onions (or 3 fresh onions)
200 g fresh spinach
1.5 l of water
2 vegetable bouillon cubes
2 dl light cream
2 tablespoons butter
salt
pepper
parsley, chopped

How to make

Divide potatoes and carrots into slightly larger pieces. Divide the cauliflower into bouquets, chop up the tops and divide the stem into fine pieces. Roughly chop the onion, if you use fresh onions, also chop the tops. Melt the butter in a saucepan and fry the onion, potatoes and carrot until the onion is glossy, it should not get too much color. Add the cauliflower and stir. Pour in the water and the vegetable broth, cream and cook until the potatoes are soft, about 5 min. Turn down the sugar peas and cook for 1 minute