

Quark patties served on kale with mustard



Kale is a locally produced winter vegetable and a top performer amongst the cabbage family in terms of its vitamin and mineral content and is therefore a really beneficial way to introduce some variety into your diet. Today we have chosen a vegetarian version for you.

Ingredients for 2 persons:

To make the quark patties:

- 1 spring onion
- 1 sprig of thyme
- 250 g quark, 20 % fat in dry matter (half-fat)
- 75 g durum wheat semolina
- 1 egg
- 1 tbsp oil for frying (e.g. rapeseed oil)

To prepare the kale:

- 400 g kale
- 20 g butter
- Salt, pepper
- 2 tbsp chopped parsley
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 2 tbsp olive oil

Tips:

- Adding a little crème fraîche is the perfect final touch of flavour for this dish and it also provides additional energy (calories)
- For a non-vegetarian version of this recipe we recommend smoked fish or fried bacon (in slices or cubes)

Preparation (c. 1 hour):

Clean and wash the spring onion and chop into small rings.



Wash the thyme and remove the leaves from the stem.

Mix the quark, semolina, egg, spring onion, thyme, salt and pepper well and leave to sit for c. 30 minutes.

During this time wash the kale, remove any thick stalks and the central stems, roughly chop the leaves and then blanch the kale in a large pan of boiling, salted water for 3 minutes.

Then drain off the kale.



Next create c. 4 patties from the quark mixture and fry these in a pan on a medium heat in 1 tbsp of oil for 3 to 4 minutes on each side. Now place the patties in a preheated oven, for example on a baking tray lined

with baking paper, and cook thoroughly at 170 degrees for 10 minutes.



Whilst these are cooking, toss the kale with the butter in a pan and season to taste with salt and pepper.

Mix the chopped parsley, lemon juice, mustard, olive oil and a pinch of salt together to make a sauce. Pour this over the kale shortly before serving and stir in well.

Bon appetit!
