



Nutrition and
Dietetics

Vegetable-Potato- Meat Mash



Foto: Nadja Lenherr

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Ingredients

Yields approx.
1 serving

100 g cooked and
mashed vegetables
of your choice,
50 g boiled potatoes
30 g boiled and
puréed meat (fresh or
preserved)
10 g rapeseed oil

Preparation

Mix all ingredients together and mash well – lunch is ready!

What Are the Tasks of the Microbiome?

> thewaitingroom.karger.com/tell-me-about/what-are-the-tasks-of-the-microbiome/