

Cooking tip

You can add other vegetables, such as carrot, leek or broccoli, and also replace the veal with another type of meat, such as turkey or chicken.

**Nutritional value (per serving)**

Energy value: 127 Kcal.; Protein: 7 g; Carbohydrate: 15 g; Fat: 4 g.

Courgette, veal and oregano purée

This is a very balanced recipe, rich in protein, vitamins and minerals.

Ingredients

- 1 small grated courgette
- 1 a pinch of oregano
- 15 grams of minced veal
- 2 scoops of Blemil Plus
- 2 level tablespoonfuls (10 g) of Blevit Plus Cereals
- 120 millilitres of water

PREPARATION

1. Fry the veal in a frying pan with a spoonful of olive oil until it is cooked.
2. Dice the courgette and steam for 15 minutes or until it is very soft.
3. Finely chop the veal and courgette and put them in the blender.
4. Add the **Blevit Plus Cereals**, the **Blemil Plus** milk, water and oregano. Blend until the mixture has a very creamy texture.
5. Pour the purée into a bowl and season with a pinch of oregano and a few drops of olive oil.

*

This recipe can be made with different varieties of Blevit cereals.