

HACHIS PARMENTIER

Carbon footprint :
2456g of CO2 per plate



Ingredients	Quantity for 6	Storage area
Leeks	4 units	Fridge
Potatoes	1,5 kg	Food reserve
Ground beef	750g	Fridge
Garlic	3 cloves	Food reserve
Thyme	2 pinches	Food reserve

RECIPE STEPS

1/ Preheat the oven to th 6-7 (180°C)

2/ Wash the leeks, the potatoes and slice them. Peel and chop the garlic.

3/ Make a mash with the potatoes

4/ In a saucepan, heat olive oil and brown the ground beef with the garlic.

5/ Add thyme, salt and pepper, then set the saucepan aside.

6/ In an oiled frying pan, brown the leeks without letting them overcook.

6/ In a baking dish, spread the ground beef, then the sliced leeks and finish with the mashed potatoes.

7/ Bake for 20 minutes.