

# Veal fricassee

Savoury

level 

 2

 100 min



## Ingredients

200 ml	Fresubin 2 kcal Fibre DRINK Neutral
360 ml	broth
20 g	butter or margarine
1	onion (120 g)
300 g	veal shoulder
500 ml	water
4	carrots (300 g)
2 table- spoons	flour (30 g)
1	bundle of herbs
1 table- spoon	olive oil
	salt and pepper
	cloves

## Nutritional information per serving:

Energy .....	623 kcal
Protein.....	44.7 g
Fat .....	29.0 g
Carbohydrate .....	42.0 g
Fibre.....	8.2 g



## Alternative products:

Fresubin® 2 kcal DRINK  
Fresubin® Energy DRINK

## Preparation

Peel the carrots and cut them into thin slices. Peel the onion and spike with some cloves. Cut the veal into rough pieces.

Gently roast the veal with the carrots and the onion in a saucepan with olive oil. Pour in the water, add the bundle of herbs, salt and pepper and cover the saucepan. Simmer gently for 75 minutes.

Let the veal drain and keep it warm. Sieve the bouillon. Melt butter or margarine in a saucepan, add flour and make a roux. Gradually add the bouillon and afterwards pour in the Fresubin 2 kcal Fibre DRINK Neutral and salt and pepper.

Place some veal on a plate and cover with the prepared sauce.



### TIP:

Serve the veal fricassee with rice or steamed vegetables.