



Potato and quark sizzlers with spicy mango salsa

Ingredients:

500 g potatoes
 300 g quark
 4 tbsp milk
 Salt, pepper, sugar
 1 cup chopped chives
 2 carrots
 1 tin of sweetcorn
 125 g flour
 2 tbsp sesame
 2 tbsp sesame oil
 1 mango
 1 red chilli pepper
 1 green chilli pepper
 2 tbsp oil
 Coriander
 Lime juice

Accessories:

Multi-element
 Ceran hob
 Griddle

Preparation:

Peel the potatoes and boil.
 Mash the hot potatoes. Mix together the quark and milk and season with salt, pepper and chives. Grate the carrots and drain the sweetcorn. Mix into the potatoes along with the quark. Add flour and egg.
 Shape 8 sizzlers and turn in the sesame. Fry in hot oil on the grill until crisp.
 While the potatoes are cooking, prepare the mango salsa: Dice the ripe mango and slice the red and green chilli into fine strips.
 Coarsely chop the washed coriander. Mix the mango, chilli and coriander and season with the lime juice, oil and salt. If necessary, season once again after steeping.

Serve the sizzlers with the salsa.
 Perfect with a leafy salad.

Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

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