

DUTCH MEAT STEW WITH POTATO PUREE

2 persons / 484 kcal per person

Ingredients:

- 500 grams of floury potatoes
- 1 tablespoon of olive oil
- 35 grams of tomato puree
- 150 grams of seasoned minced chicken
- 400 grams of Dutch stir-fry mix
- ¼ beef stock cube
- 100 grams of cottage cheese
- pepper and salt



Preparation:

Boil the potatoes in a layer of water with salt for 15-17 minutes until tender. Heat the olive oil in a frying pan. Fry the tomato paste for 1 minute. Add the minced meat and fry loose. Add the stir-fry mix and bake for 3 minutes. Add 150 ml water and crumble the stock cube on top. Bring to the boil and simmer for 10 minutes without a lid. When draining the potatoes, keep a cup of the cooking water aside. Return the potatoes to the pan and mash with some cooking water into a smooth puree. Stir in half of the cottage cheese and season with pepper. Spoon the puree onto a plate. Divide the stew and the rest of the cottage cheese over it.

Nutritional value per person:

Energy:	484 kcal
Protein:	25.4 grams
Carbohydrates:	48.5 grams
- including sugars:	11.4 grams
Fat:	19.0 grams
Fiber:	8.6 grams
Salt:	2.6 grams