

SPRING STEW OF STRING BEANS, SPINACH AND SMOKED CHICKEN



2 persons / 343 kcal per person

Ingredients:

- 500 grams floury potatoes
- 200 grams of sliced string beans
- 200 grams of spinach
- 1 teaspoon dried tarragon
- 1 spring onion
- 150 grams of smoked chicken fillet
- pepper and salt

Preparation:

Boil the potatoes together with the string beans in a large pan with plenty of water and a little salt for 12 minutes. Add the spinach in parts during the last 2 minutes of the cooking time and let it wilt. Drain well. Add the tarragon and mash with the potato masher to a coarse puree. Season with pepper and possibly salt. Meanwhile, cut the spring onions into diagonal, thin rings. Divide the stew over the plates and divide the spring onions and chicken strips over it.

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Nutritional value per person:

Energy:	343 kcal
Protein:	23.0 grams
Carbohydrates:	50.9 grams
- including sugars:	2.3 grams
Fat:	3.4 grams
Fiber:	8.6 grams
Salt:	2.9 grams