

STRING BEANS & SPINACH WITH SMOKED CHICKEN

2 persons / 549 kcal per serving

Ingredients:

- 400 grams floury potato
- 200 grams fresh cut string beans
- 200 grams fresh spinach
- 1 teaspoon dried tarragon
- 1 spring onion
- 100 grams smoked chicken fillet



Preparation:

Cook the potatoes in a large pan with plenty of water and a little salt for 20 minutes. After 10 minutes add the string beans. In the last minute, add the spinach in parts and let it shrink. Drain well. Add the tarragon and mash with the mashed potatoes to a coarse puree. Season with salt and pepper. Meanwhile, cut the spring onions into slanted thin rings and scoop through the stew. Divide the stew over the plates and divide the chicken strips over it.

Nutritional value per portion:

Energy:	549 kcal
Protein:	16.7 grams
Carbohydrates:	41.5 grams
- including sugars:	2.9 grams
Fat:	2.5 grams
Fiber:	9.2 grams
Salt:	1.3 grams