

# SPINACH STEW

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2 persons / 468 kcal per person

## Ingredients:

- 500 grams waxy potatoes (peeled)
- 2 medium eggs
- 70 grams of red onions
- 2 tablespoons olive oil
- 1 teaspoon curry powder
- 300 grams of fresh spinach
- 1 tablespoon of serundeng
- pepper and salt

## Preparation:

Boil the potatoes in salted water for 20 minutes. Boil the eggs for 8 minutes. Peel and halve. Cut the onions into half rings. Meanwhile, heat half of the oil in a frying pan and fry the onion and curry powder for 4 minutes. Add the spinach in parts and let it wilt while stirring. Pour off the excess liquid from the pan. Drain the potatoes and reserve a cup of cooking liquid. Mash the potatoes and the rest of the oil into a puree, if needed with some cooking liquid. Stir in the spinach and season with salt and pepper. Serve with the eggs. Sprinkle with the serundeng.

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Nutritional value per person:

Energy:	468 kcal
Protein:	16.8 grams
Carbohydrates:	50.7 grams
- including sugars:	3.9 grams
Fat:	20.3 grams
Fiber:	8.5 grams
Salt:	1.1 grams