

RUSH BEAN MASH



2 persons / 528 kcal per person

Ingredients:

- 500 grams of floury potatoes
- 250 grams of fresh string beans
- 1 onion
- 1 tablespoon of olive oil
- 150 grams of beef chipolata
- ½ tablespoon unsalted butter
- 10 grams of cress
- 2 spring onions
- peper and salt

Preparation:

Peel the potatoes and cut into pieces. Boil in a pan of water with salt to taste for 20-25 minutes. Drain them, but reserve ½ soup spoon per person of the cooking liquid from the potatoes. In the meantime, cut the string beans into narrow strips. Boil the string beans in plenty of water for 3-5 minutes until al dente. Drain and rinse with cold water. Chop the onions. Heat half the oil in a frying pan and fry the onion for about 3-5 minutes until translucent. Heat the rest of the oil in a non-stick frying pan and fry the

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sausages for about 7 minutes until brown and done on all sides. Cut the spring onions into rings. Mash or mix the potatoes with the reserved cooking liquid and the butter until puree. Season with freshly ground pepper and salt. Stir in the string beans and fried onions. Serve with the sausages and freshly cut cress and spring onions.

Nutritional value per person:

Energy:	528 kcal
Protein:	21.2 grams
Carbohydrates:	50.1 grams
- including sugars:	2.9 grams
Fat:	24.8 grams
Fiber:	9.1 grams
Salt:	1.0 grams