

AUTUMN 'STAMPPOT' WITH STUFFED BEEF ROLLS

2 persons / 587 kcal per person

Ingredients

- 400 grams of floury potatoes
- 1½ tablespoons of olive oil
- 2 stuffed beef rolls
- 1 red onion
- 300 grams of sliced red cabbage
- 1 teaspoon of dried Provençal herbs
- 70 grams of sweet and sour pickle
- pepper and salt

Preparation:

Heat ½ tablespoon of oil in a frying pan and fry the beef rolls for about 18 minutes until golden brown and done. Meanwhile, boil the potatoes for 16 minutes, drain, reserving some cooking water. Mash the potatoes with some cooking water into a nice puree. Meanwhile, heat 1 tablespoon of oil in a frying pan and fry the onion, red cabbage together with the Provençal herbs for 10-12 minutes. Spoon the onion and red cabbage through the mashed potatoes and season with salt and pepper. Divide the stew over 2 plates, each with a slave finch. Serve with the pickles.



Nutritional value per person:

Energy:	587 kcal
Protein:	25.9 grams
Carbohydrates:	48.0 grams
- including sugars:	11.2 grams
Fat:	30.0 grams
Fiber:	10.0 grams
Salt:	2.1 grams