

BEAN STEW POT WITH FILLET STEAKS AND BAKED TOMATOES

2 persons / 432 kcal per person

Ingredients:

- 500 grams of floury potato / stew potatoes
- 200 grams sliced string beans
- 100 grams of red onions
- 1 tablespoon of oil
- 125 grams of cherry tomatoes
- 2½ fillet steaks à la minute
- pepper and salt



Preparation:

Cut the onions into half rings. Halve the tomatoes. Boil the potatoes in a layer of water with salt for about 14-16 minutes. Boil the string beans in another pan of boiling water for about 10 minutes and drain. Heat the oil in a frying pan and fry the onions for 5 minutes over medium heat. Sprinkle the fillet steaks with pepper and fry with the onion for 3 minutes. Turn half way. Add the tomatoes and fry for a further 3 minutes. Drain the potatoes and collect ~125 ml of cooking liquid (per 2 people). Mash the potatoes with the potato masher, mix with some cooking liquid if desired. Divide the string beans through the puree. Season the stew with salt and pepper to taste and serve with the fillet steaks, onion and tomatoes.

Nutritional value per person:

Energy:	432 kcal
Protein:	26.6 grams
Carbohydrates:	52.8 grams
- including sugars:	7.8 grams
Fat:	10.2 grams
Fiber:	9.9 grams
Salt:	1.1 grams

