

MASHED POTATOES WITH SALAMI & LETTUCE WITH BAKED TOMATOES

2 persons / 582 kcal per serving

Ingredients:

- 400 grams floury potatoes
- 10 grams butter
- 300 grams Roma tomatoes
- 1 tablespoon olive oil
- 1 clove of garlic
- 100 grams gold salami
- 30 grams black olives
- 100 grams mixed lettuce
- 1 tablespoon balsamic vinegar



Preparation:

Boil the potatoes in salted water for 20 minutes. Preheat the oven to 200°C. Wash tomatoes, cut into pieces, place in baking dish and sprinkle with oil, pepper and salt. Peel and chop the garlic and spread over tomatoes. Bake tomatoes in the oven for about 15 minutes. Meanwhile cut the salami into cubes. Cut olives into rings. Drain the potatoes and collect a cup of cooking liquid. Mash the potatoes with the butter, if necessary some cooking liquid, with the puree masher to a smooth, puree. Mix salami and olives with mashed potatoes. Put the lettuce in a salad bowl, spread fried tomatoes over it and sprinkle vinegar over it. Serve mashed potatoes with salad.

Nutritional value per portion:

Energy:	582 kcal
Protein:	17.1 grams
Carbohydrates:	44.5 grams
- including sugars:	10.3 grams
Fat:	35.6 grams
Fiber:	7.2 grams
Salt:	2.8 grams