

# CELERY 'STAMPPOT' STEW WITH ONION SYRUP

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2 persons / 513 kcal per serving

## Ingredients:

- 500 grams floury potatoes
- ½ shrub celery
- 25 grams butter
- 150 grams chicken bratwurst
- 4 fine onions
- 1 tablespoon apple syrup
- ¼ meat stock tablet
- 1 tablespoon dried parsley
- pepper and salt



## Preparation:

Cut the celery into bows and cut the onions into rings. Boil the potatoes in salted water for 20 minutes. Add the celery and parsley for the last 5 minutes. Meanwhile, heat 10 grams of butter in a casserole and fry the bratwurst brown and cooked for 15 minutes. Take them out of the pan and keep covered. In the same pan, fry the onion for 5 minutes until golden brown, play with the fire. Crumble the stock tablet over the pan. Add the apple syrup and 75 ml of water. Mix it and bring to a boil and let the gravy reduce for 2 minutes. Drain the potatoes with celery and collect a cup of cooking liquid. Mash the potatoes with celery, if necessary some cooking liquid and the rest of the butter with the puree masher to a smooth stew. Season with salt and pepper. Divide the stew between 2 plates. Make a well in the mash and add the gravy here. Add a bratwurst. Enjoy your meal.

## Nutritional value per portion:

Energy:	513 kcal
Protein:	18.3 grams
Carbohydrates:	56.2 grams
- including sugars:	9.5 grams
Fat:	22.7 grams
Fiber:	5.6 grams
Salt:	1.2 grams