

MUSHROOMS WITH LENTILS AND SMOOTH POTATO PUREE



2 persons / 534 kcal per person

- 250 grams of chestnut mushrooms
- 1 clove of garlic
- 25 grams of unsalted butter
- 200 grams of carrots
- 35 grams of tomato puree
- 1½ tablespoons wheat flour
- ½ mushroom bouillon tablet
- 200 ml hot water
- 130 grams of lentils (tin, drained weight)
- 400 grams of floury potato
- 75 ml semi-skimmed milk
- 100 grams of grated cheese

Cut the mushrooms into quarters and the garlic cloves fine. Heat the butter in a frying pan and fry the mushrooms with some salt for 5 minutes on high heat. Turn regularly. Meanwhile, peel the carrot and cut into pieces of about cm. Fry the garlic and carrot for 3 minutes. Stir in the tomato paste and add the flour, fry for 3 minutes over medium heat. Crumble the stock cube on top, add the water and bring to the boil. Let it simmer on low heat with the lid on the pan for 15 minutes. During the last 3 minutes, add the lentils, stirring occasionally. In the

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meantime, cook the potatoes for about 15-20 minutes (depending on the type of potato). Meanwhile, heat the milk. Drain and mash the potatoes with the milk and cheese to a smooth puree.

Nutritional value per person:

Energy:	534 kcal
Protein:	20.3 grams
Carbohydrates:	63.1 grams
- including sugars:	12.2 grams
Fat:	17.8 grams
Fiber:	10.7 grams
Salt:	1.6 grams