

ENDIVE MASH POT WITH SWEET POTATO AND CHICKEN



2 persons / 450 kcal per person

Ingredients:

- 400 grams sweet potato
- 20 grams of pine nuts
- 130 grams of chicken breast
- ½ tablespoon olive oil
- 1 bell pepper
- 200 grams finely chopped endive
- pepper and salt

Preparation:

Cut the chicken breast into strips. Clean the bell pepper and remove the stem and seeds and cut the flesh into small cubes. Boil the sweet potatoes with some salt, if desired, for 10 minutes. Meanwhile, toast the pine nuts in a frying pan without oil or butter for 3 minutes over medium heat until golden brown. Remove from the pan and let cool on a plate. Meanwhile, heat the grill pan. Brush the chicken breast with the oil and pepper. Grill the chicken over high heat for ~5 minutes. Turn regularly. Drain the potatoes and mash with a potato masher to a coarse puree. Stir the bell pepper and endive into the puree and heat over low heat, stirring, for 3 minutes. Season with pepper and/or salt. Divide the stew among the plates and add the chicken breast. Sprinkle with the toasted pine nuts.

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Nutritional value per person:

Energy:	450 kcal
Protein:	21.6 grams
Carbohydrates:	52.7 grams
- including sugars:	11.7 grams
Fat:	14.6 grams
Fiber:	9.3 grams
Salt:	1.5 grams