

STEWED PORK STEAK WITH 'HUTSPOT'

4 persons / 539 kcal per person

Ingredients:

- 500 grams of pork steak
- 45 grams of unsalted butter
- 500 grams of potatoes
- 1 kilo of ready-to-cook 'hutspot' vegetable (onion and carrots)
- 1 tablespoon of fresh thyme leaves
- 250 ml meat stock from 1 stock cube
- 150 ml semi-skimmed milk
- 3 slices of gingerbread
- 2 slices of (old) white bread
- pepper and salt



Prepare:

Let the pork steaks come to room temperature and cut them into chunks. Rub the meat with salt and pepper. Separate the onion and carrot from the stew vegetable package. Cut the gingerbread into cubes. Crumble the slices of white bread. Heat 20 grams of butter in a frying pan and brown the meat all over. Add the onion and fry it gently for 3 minutes. Add half of thyme and the stock. Stew meat gently for 20 minutes. Cook the potatoes with the carrot for 15-20 minutes until tender, drain and mash. Heat the milk and stir this together with 10 grams of butter and the rest of thyme through the stew to a smooth puree. Season with pepper and salt if desired. Mix gingerbread through meat and bind liquid while stirring. Place the meat with sauce in the oven dish and spread the puree over it. Melt the rest of the butter and fold into the breadcrumbs. Sprinkle breadcrumbs over the stew. In the meantime, preheat the oven to 200 ° C. Dish in the middle of the oven for 40-50 minutes until golden brown and let it heat through and through.

Nutritional value per person:

Energy:	539 kcal
Protein:	35.6 grams
Carbohydrates:	61.0 grams
- including sugars:	22.2 grams
Fat:	14.9 grams
Fiber:	9.3 grams
Salt:	1.8 grams