

# LEEK CURRY 'STAMPOT' WITH OLD CHEESE

2 persons / 588 kcal per person

## Ingredients:

- 400 grams of potatoes
- 400 grams of leek
- 60 grams of crème fraiche light
- 30 grams of grated old cheese
- 2 pieces of German steak
- 10 grams of unsalted butter
- 1 tablespoon of olive oil
- 1 teaspoon of curry powder
- pepper and salt



## Preparation:

Cut the leek into rings. Stew the leek together with the curry, pepper and some salt in the butter over a low heat. Take your time and let the leek cook for a long time. Make sure the leek does not brown. Is it a bit fast after all? Then add a little bit of water. In the meantime, boil the potatoes for 15-18 minutes in salted water and drain. Reserve some cooking liquid. Add the leek to the potatoes and mash it finely with the crème fraiche and grated old cheese. If necessary, you can also use some cooking water. Meanwhile, fry the German steaks in some olive oil, the duration depends on how fried you want the steaks to be. Approx. 6 minutes per side for medium.

## Nutritional value per person:

Energy:	588 kcal
Protein:	35.7 grams
Carbohydrates:	47.8 grams
- including sugars:	10.6 grams
Fat:	26.5 grams
Fiber:	9.4 grams
Salt:	2.6 grams