

# LAMB'S LETTUCE STEW WITH CATALAN BRATWURST

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2 persons / 564 kcal per serving

## Ingredients:

- 450 grams floury potatoes
- 1½ tablespoon olive oil
- 3 Catalan bratwurst
- 1 onion
- ½ bell pepper
- 140 grams crispy corn kernels (drained weight)
- 30 grams cream cheese chives
- 85 grams lamb's lettuce
- pepper and salt



## Preparation:

Boil the potato in salted water for 16 minutes. Finely chop the onion and cut the bell pepper into pieces. Drain the corn kernels. Heat 1 tablespoon of oil in a frying pan and fry the sausages according to package directions. Heat ½ tablespoon of oil in a frying pan and fry the onion in 3 minutes glassy. Add the bell pepper and stir fry for 3 minutes. Add the corn and heat for 3 minutes. Drain the potato and collect the cooking liquid. Add the cream cheese to the potatoes in the pan and melt over low heat. Mash the potatoes and add some cooking liquid if necessary. Spoon in the vegetable mixture and lamb's lettuce. Take the sausages out of the pan and add 75 ml of cooking liquid to the shortening. Bring to the boil while stirring. Season the gravy with salt and pepper. Serve the stew with the sausages and gravy.

## Nutritional value per portion:

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|---------------------|------------|
| Energy:             | 564 kcal   |
| Protein:            | 21.9 grams |
| Carbohydrates:      | 55.5 grams |
| - including sugars: | 10.8 grams |
| Fat:                | 27.0 grams |
| Fiber:              | 8.2 grams  |
| Salt:               | 2.1 grams  |