

# FARMHOUSE 'STAMPPOT' WITH FILLET STEAKS AND FRIED ONIONS

2 persons / 437 kcal per person

## Ingredients:

- 500 grams of floury potato
- 250 grams of 'hutspot' vegetables (carrots/onions)
- 150 grams of sliced kale
- 775 ml tap water
- 150 grams of red onions
- ½ tablespoon of olive oil
- 2 pork fillet steaks à la minute natural
- 1 teaspoon shakshuka spice mix or other spice mix
- pepper and salt



## Preparation:

Add the potatoes, stew vegetables, kale and water in a large pan. Bring it to the boil with the lid on the pan. Place the lid diagonally on the pan and cook the potatoes and vegetables for 18-20 minutes until tender. Meanwhile cut the onions into half rings. Heat the oil in a frying pan and fry the onion on medium heat for 15 minutes. Sprinkle the pork fillet steaks with the spice mix. After 11 minutes, put the onion aside and place the fillet slices next to it. Bake for another 4 minutes on high heat until done. Turn halfway through. Drain the potatoes and vegetables but collect a cup of the cooking water. Mash the potatoes and vegetables into a stew with the potato masher. Add some cooking liquid if the stew is too dry. Season with pepper and salt if desired. Place the fillet steaks briefly on the stew. Add 25 ml water (per 2 persons) to the onion and fry for another 1 minute, stirring on high heat. Spoon the stew on 2 plates and serve with the meat and red onions.

## Nutritional value per person:

Energy:	437 kcal
Protein:	26.0 grams
Carbohydrates:	60.7 grams
- including sugars:	12.2 grams
Fat:	7.5 grams
Fiber:	10.3 grams
Salt:	1.2 grams