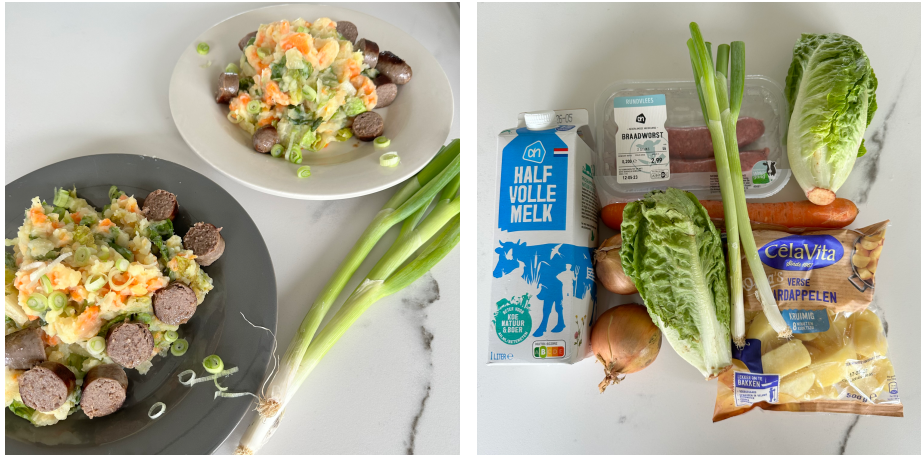


SPRING 'HUTSPOT' WITH ROMAINE



2 persons / 545 kcal per person

Ingredients:

- 400 grams floury potatoes
- 2 medium onions
- 1 winter carrot
- 2 beef sausages
- 75 ml semi-skimmed milk
- 2 baby Romaine lettuce
- 2 spring onions
- pepper and salt

Preparation:

Cut the carrot into small pieces. Coarsely chop the onion. Bring the potatoes with the carrot and onion on top to boil in a layer of salted water. Turn the heat down. Cook on low heat for about 15 minutes. Heat a grill pan or frying pan without oil or butter over high heat. Bake the sausage in this pan for about 15 minutes. Heat the semi-skimmed milk. Cut the head of Romaine lettuce widthwise into 2 cm strips. Do not use the stump. Add the milk, mash the potatoes, carrot and onion and season with salt and pepper. Cut the spring onions into thin rings and stir into the stew together with the lettuce. Serve with the sausage.

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Nutritional value per person:

Energy:	545 kcal
Protein:	27,5 grams
Carbohydrates:	54,2 grams
- including sugars:	12,4 grams
Fat:	21,8 grams
Fiber:	10,8 grams
Salt:	2,5 grams