

# ROCKET SALAD 'STAMPPOT' WITH PAPRIKA AND EGG

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2 persons / 370 kcal per portion

## Ingredients:

- 500 grams mashed potatoes
- 2 bell peppers
- 2 medium eggs
- 85 grams rocket salad
- 15 grams almond shavings
- 50 ml skimmed milk
- 1 glove of garlic
- pepper and salt



## Preparation:

Boil the potatoes in a layer of salted water for 14-16 minutes. Cut the peppers into 1 cm pieces. Cook the bell pepper with the potatoes for the last 3 minutes. Boil the eggs in 8 minutes, fry under cold running water, peel and halve them. Meanwhile, roughly cut the arugula. Heat a frying pan without oil or butter and roast the almond shavings golden brown. Let cool on a kitchen paper. Finely chop the garlic. Heat the milk with garlic in a saucepan. Drain the potatoes and bell pepper and mash with the mashed potatoes. Add the milk. Return the mashed pan to the heat, stir in the rocket salad, heat well and season with pepper. Serve the stew with half the eggs and sprinkle with the almond shavings.