

CHEESE SCHNITZELS WITH RUCOLA TOMATO 'STAMPPOT'

2 persons / 475 kcal per person

Ingredients:

- 2 cheese schnitzels
- 250 grams of tomatoes
- 1 onion
- 500 grams of floury potatoes
- 45 grams of arugula
- ½ tablespoon of olive oil
- pepper and salt



Preparation:

Cut the tomatoes into wedges. Cut the onion into half rings. Boil the potatoes in a layer of water with salt for 14-16 minutes until tender. Drain the potatoes and save some cooking water. Mash it all together into a smooth puree. Use some cooking water if needed. In the meantime, heat the oil in a frying pan and brown the onions over medium heat. Fry the cheese schnitzel without adding extra fat in the same pan for 7 minutes over medium heat. Add the tomatoes, onions and most of the arugula to the puree and heat well. Season with pepper. Garnish with the rest of arugula and serve with cheese schnitzels.

Nutritional value per person:

Energy:	475 kcal
Protein:	15.5 grams
Carbohydrates:	68.0 grams
- including sugars:	10.6 grams
Fat:	13.6 grams
Fiber:	7.9 grams
Salt:	2.5 grams