

BEETROOT 'STAMPPOT' (MASHED POTATOES) WITH BACON AND APPLE

2 persons / 550 kcal per portion

Ingredients:

- 500 grams floury potatoes
- 15 grams unsalted butter
- 150 grams smoked bacon strips
- ½ onion
- 250 grams cooked beetroot
- ½ apple



Preparation:

Chop the onion. Cut the beetroot into cubes. Boil the potatoes in water with any salt for 14 minutes. Drain the potatoes, but collect some cooking fluid. Mash the potatoes and, if necessary, the cooking liquid with the mashed potatoes, to a creamy puree. Meanwhile, heat the butter in a frying pan and fry the bacon strips for 6 minutes on medium heat. Add the onion and fry for 4 minutes. Add the beetroot and fry for 4 minutes with the bacon-onion mixture. Cut the unpeeled apple into quarters and remove the core. Cut the quarters into pieces. Spoon through the bacon-onion-beet mixture and heat for 2 minutes. Stir the bacon-onion-beet-apple mixture into the potatoes puree. Season with pepper and possibly salt.