

LEEK - STRING BEANS 'STAMPPOT' WITH TARTARE

2 persons / 575 kcal per person

Ingredients:

- 400 grams of floury potato
- 1 leek
- 20 grams of unsalted butter
- 200 grams of string beans
- ½ tablespoon of curry powder
- 75 ml of water
- 2 beef tartare
- 50 grams of grated cheese
- pepper and salt



Preparation:

Boil the potatoes in a large pan with plenty of water for 18-20 minutes. In the meantime, halve the leeks lengthwise, wash and cut into thin half rings. Cut the string beans into 1 cm pieces. Heat 5 grams of butter (per 2 persons) in a frying pan and stew the leek, string beans and curry powder with the water and pepper for 10-12 minutes on low heat with the lid on the pan. Stir occasionally. Heat 10 grams of the butter in a frying pan and fry the tartare for 6 minutes. Turn halfway through. Sprinkle with pepper. Drain the potatoes, but collect a cup of the cooking water. Mash the potatoes coarsely with the mash. Mix in the rest of the butter and possibly some cooking water. Add the grated cheese and heat for 1 minute over medium heat while stirring. Stir the green beans and leek into the puree and season with pepper and salt if necessary. Divide the stew among plates and serve with the tartare and shortening.

Nutritional value per person:

Energy:	575 kcal
Protein:	34.4 grams
Carbohydrates:	44.0 grams
- including sugars:	5.8 grams
Fat:	27.0 grams
Fiber:	10.3 grams
Salt:	1.9 grams