

CHILI-KALE WITH SAUSAGE

2 persons / 565 kcal per portion

Ingredients:

- 2 beef bratwurst
- 250 grams pounds of baby potatoes
- 1 tablespoon olive oil
- ½ teaspoon chili mix
- 200 grams pumpkin pieces
- 200 grams canned tomatoes
- 150 grams kale
- 10 grams fresh celery
- 75 grams white cheese / feta



Preparation:

Cut the sausages into 1½ cm slices and halve the baby potatoes. Heat the oil in a frying pan and fry the sausage until golden brown. Sprinkle generously with the chili mix. Add the baby potatoes and pumpkin and fry for 2 minutes. Add the tomatoes and stir well. Bring to the boil, reduce the heat and simmer for 20 minutes without the lid on. Add the kale in parts and simmer for 5 minutes. Meanwhile, finely chop the celery and crumble the feta. Season with chili mix if necessary, scoop into deep plates and sprinkle with feta and celery.



max600kcal