

LETTUCE 'STAMPPOT' (PUREE) WITH ZEELAND BACON



2 persons / 444 kcal per person

Ingredients:

- 500 grams of stew potatoes or floury potatoes
- ½ head of lettuce
- 100 grams of Zeeland bacon (cold cuts)
- ½ tablespoon of butter
- 1½ tablespoon coarse mustard
- nutmeg
- pepper and salt

Preparation:

Boil the potatoes in a pan with little water and pinch of salt for about 20 minutes. Meanwhile, wash the lettuce, remove the water and cut the leaves into strips. Cut bacon into strips. Heat a wok or frying pan without oil and fry bacon for 5 minutes. Spoon bacon from pan onto plate. Let the lettuce shrink in the remaining shortening while stirring for approx. 2 minutes. Drain the potatoes (collect the cooking liquid) and mash with mustard and some of the collected cooking liquid to a smooth puree. Stir in lettuce and bacon. Season the stew with salt, pepper and nutmeg.

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Nutritional value per person:

Energy:	444 kcal
Protein:	16.6 grams
Carbohydrates:	47.6 grams
- including sugars:	4.4 grams
Fat:	19.4 grams
Fiber:	5.9 grams
Salt:	2.7 grams