

LETTUCE 'STAMPPOT' WITH BACON



2 persons / 527 kcal per person

Ingredients:

- 500 grams floury potatoes
- ½ head of lettuce
- 150 grams bacon rashers
- 1½ tablespoons coarse mustard
- pepper and salt
- 1 teaspoon of nutmeg

Preparation:

Boil the potatoes in a pan with little water and salt for approx. 12 minutes.

Meanwhile, wash the lettuce, remove the water, and cut the leaves into strips. Cut bacon into strips. Heat a frying pan without and fry the bacon until brown and crispy on all sides, about 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. Mix the puree with the lettuce. Season the stew with salt, pepper and nutmeg. Serve with the bacon.

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Nutritional value per person:

Energy:	527 kcal
Protein:	21.9 grams
Carbohydrates:	45.9 grams
- including sugars:	1.5 grams
Fat:	27.1 grams
Fiber:	5.4 grams
Salt:	1.7 grams