

# POINTED CABBAGE STEW WITH LEEK, BACON AND FRIED EGG

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2 persons / 527 kcal per person

## Ingredients:

- 125 grams of smoked bacon strips
- 2 grams curry powder (½ tablespoon)
- 1 leek
- 200 grams of chopped pointed cabbage
- ½ tablespoon olive oil
- 2 medium eggs
- 400 grams of floury potatoes
- 10 grams of fried onions (2 tablespoons)

## Preparation:

Cook the potatoes according to the instructions on the package. Drain and reserve some cooking liquid. Mash the potatoes into mashed potatoes, if desired use some cooking liquid for a smooth stew. Meanwhile, heat a large skillet without oil or butter and fry the bacon strips over medium heat for 7 minutes. Remove the bacon from the pan and drain on kitchen paper. Fry the curry in the remaining shortening for 1 minute, add the leek and fry for 2 minutes. Add the pointed cabbage and fry for 2 minutes. Season with salt and pepper. Meanwhile, heat the oil in a large frying pan and fry 2 fried eggs. Stir the vegetables and bacon into the puree and divide among the plates. Divide the fried eggs on top and sprinkle with the fried onions.

## Nutritional value per person:

Energy:	527 kcal
Protein:	24.2 grams
Carbohydrates:	45.0 grams
- including sugars:	8.8 grams
Fat:	26.3 grams
Fiber:	7.3 grams
Salt:	2.3 grams