

# PRIKA DUTCH KALE WITH VEGETARIAN CHICKEN SHAWARMA

2 persons / 540 kcal per person

## Ingredients:

- 150 grams of kale
- 600 grams of floury potatoes
- 1 orange bell pepper
- 160 grams of 'vegetarische slager' chicken shawarma
- 1 tablespoon of oil
- 4 tablespoons of spicy garlic sauce
- salt and pepper



## Preparation:

Boil the potatoes together with the kale in water with salt for 15 minutes until tender. Cut the bell pepper into cubes. Heat the oil in a frying pan and fry the shawarma on one side for 4-5 minutes until brown and crispy over medium heat. Add the bell pepper and fry for another 4 minutes until the shawarma is completely heated. Drain the potatoes with the kale, but collect a cup of the cooking water. Mash the potatoes, kale and a dash of cooking water with a mash to a coarse and creamy stew. Add the shawarma and 2 tablespoons of garlic sauce and stir through. Season with pepper. Spoon the kale stew onto the plates. Make a well and pour 1 tablespoon of garlic sauce on each plate.

## Nutritional value per person:

Energy:	540 kcal
Protein:	26.4 grams
Carbohydrates:	63.2 grams
- including sugars:	7.1 grams
Fat:	16.8 grams
Fiber:	14.0 grams
Salt:	2.8 grams