

# PORK STEW, BELL PEPPERS, SMALL POTATOES AND ARUGULA

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2 persons / 470 kcal per person

## Ingredients:

- 340 grams of ham steaks
- 2½ tablespoons of oil
- 2 bell peppers (yellow/red)
- 2 teaspoons paprika powder
- 250 grams of small potatoes
- 75 ml hot water
- 40 grams of arugula

## Preparation:

Cut the meat into pieces of about 2 cm and sprinkle with pepper. Heat the oil in the frying pan and brown the meat for 5 minutes over medium heat. Turn regularly. Halve the bell peppers, remove the stem and seeds and cut the flesh into pieces of about 2 cm. Add the bell peppers and paprika powder and fry for 5 minutes. Add the potatoes, the hot water, pepper and salt if necessary and bring to the boil. Let it simmer on medium heat for about 30 minutes with the lid on the pan. Stir occasionally. Roughly chop the arugula and toss through.

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Nutritional value per person:

|                     |            |
|---------------------|------------|
| Energy:             | 470 kcal   |
| Protein:            | 41.9 grams |
| Carbohydrates:      | 28.6 grams |
| - including sugars: | 5.9 grams  |
| Fat:                | 19.2 grams |
| Fiber:              | 6.3 grams  |
| Salt:               | 1.2 grams  |