

# SUMMER 'STAMPPOT' WITH TARTAR

2 persons / 495 kcal per serving

## Ingredients:

- 500 grams floury potato
- 200 grams tomatoes
- 7½ grams fresh basil
- 4 spring onions / salad onions
- 1 tablespoon olive oil
- 2 tartar
- 50 ml water
- 75 ml semi-skimmed milk
- 100 grams butter lettuce



## Preparation:

Boil the potatoes in water with any salt for 20 minutes. Meanwhile, cut the tomatoes into 1 cm cubes and chop the basil. Cut a ½ cm from the bottom of the spring onions. Heat half of the oil in a frying pan. Sprinkle the tartar with freshly ground pepper and salt and fry them for 12 minutes until brown and cooked. Turn halfway through. Put the rest of the oil in a bowl. Mix in the spring onions until they are completely covered with oil. Heat a grill pan over medium heat and grill the spring onions for 10 minutes until they have black stripes on both sides. Turn regularly. Remove the tartar from the pan and keep warm on a plate under aluminum foil. Add the tomato and water to the remaining shortening and cook over medium heat for 3 min. Mix the basil with the tomato salsa. Meanwhile, heat the milk in a saucepan. Drain the potatoes, return to the pan, add the milk and mash to a puree with the mashed potatoes. Add the lettuce in parts and let it shrink. Season with freshly ground salt and pepper. Divide the stew between plates. Place a tartar, 2 spring onions and some tomato basil salsa on each plate.

## Nutritional value per portion:

Energy:	495 kcal
Protein:	28.3 grams
Carbohydrates:	52.3 grams
- including sugars:	9.1 grams
Fat:	17.6 grams
Fiber:	6.2 grams
Salt:	1.4 grams