

LETTUCE 'STAMPPOT' PUREE WITH CHICKEN IN MUSTARD CURRY SAUCE

2 persons / 520 kcal per serving

Ingredients:

- 200 grams chicken thighs
- 1 tablespoon oil
- 1 clove of garlic
- 1 tablespoon curry powder
- ½ onion
- 2 tablespoons honey mustard sauce
- 1 tablespoon sieved tomato
- 50 ml of water
- 400 grams floury potatoes
- 15 grams butter
- 200 grams iceberg lettuce
- 30 grams (whipping) cream
- pepper and salt



Preparation:

Cut the chicken thighs into cubes. Chop the onion and garlic. Heat the oil in a wok. Fry the chicken over high heat, remove from the pan. Fry the garlic, curry and onion in the remaining oil over low heat for 3 minutes. Add the honey mustard sauce and the sieved tomato together with ±50 ml tap water. Mix this well together and bring it to a boil. Add the chicken again and let it simmer over low heat, with a lid on the pan, for 15 - 20 minutes. Meanwhile, boil the potato in salted water for 16 - 18 minutes. Drain the potato and collect the cooking liquid. Meanwhile, heat the cream. Add this to the potatoes together with the butter and mash the potatoes, adding some cooking liquid if necessary to get a smoother puree. Mix the iceberg lettuce into the puree and season with salt and pepper.

Nutritional value per portion:

Energy:	520 kcal
Protein:	25.7 grams
Carbohydrates:	45.4 grams
- including sugars:	9.1 grams
Fat:	23.0 grams
Fiber:	5.5 grams
Salt:	1.8 grams