

GYPSY SCHNITZELS WITH 'STAMPPOT' (MASHED POTATOES)

2 persons / 594 kcal per portion

Ingredients:

- 400 grams floury potatoes
- 2 onions
- 20 grams unsalted butter
- ¼ beef broth tablet
- ¼ tablespoon of wheat flour
- ½ teaspoon (smoked) paprika powder
- 1½ bell pepper (green, red or yellow)
- 2 gypsy schnitzels
- 1 tablespoon olive oil
- pepper and salt



Preparation:

Chop a quarter of the onions and cut the rest of the onions in half rings. Cut the flesh of the bell peppers into small cubes. Boil the potatoes in a large pan of water with any salt for 20 minutes, drain and collect the cooking liquid. Meanwhile, heat half of the butter in a frying pan and fry the onion rings for 20 minutes until golden brown. Fry the cutlets in the oil for 6 minutes until golden brown over medium heat, turn regularly. Add 150 ml cooking liquid from the potatoes, the broth tablet, flour and paprika to the onion rings. Let it boil down to a gravy in 2 minutes while stirring. Mash the potatoes together with 50 ml of cooking liquid and the rest of the butter in the pan into a coarse puree. Add the bell pepper and chopped onion, toss and heat on low heat for another 3 minutes. Season with salt and pepper. Serve the mashed potatoes with the schnitzel and the gravy.

Nutritional value per portion:

Energy:	594 kcal
Protein:	28.0 grams
Carbohydrates:	68.8 grams
- including sugars:	12.5 grams
Fat:	20.6 grams
Fiber:	9.0 grams
Salt:	3.1 grams
Salt:	1.6 grams