



Lente Stamppot

Spring Stew

This is a delicious light recipe for a stew. The lamb's lettuce is a springtime product and is an ideal dish for spring or summer. This stew can for example combine with a piece of meat but that is certainly not required!

Ingredients

Serves 4

- 2 kg. potatoes
- pepper / salt
- 150-200 g. lettuce
- 1 egg
- red onion
- 2 tbsp. mustard
- 2 tbsp. creme fraiche
- dash of milk
- dash of cream
- 35 gr. butter or margarine

Per person:

KCAL: 537, Protein: 8, KOOLH: 11, FAT: 10 GR

DESCRIPTION

1

Potatoes first peeling, washing, and then cut into pieces. Boil the potatoes with salt until they can be pierced with a fork or knife (approx. 10-15 minutes).

2

Meanwhile, chop the red onion.

3

Drain the potatoes and boil them dry (about 1 min).

4

Add milk and egg and mash the potatoes fine.

5

Add creme fraiche, cream, mustard and butter in the pan, keep mashing.

6

Add red onion and lettuce. Stir the stew gently. Season with salt and pepper.