

Your Gemüsebox-Recipe

Dutch Stampot

Ingredients for 2 persons

450 g kale

500 g potatoes

250 g carrots

1/4 bunch parsley

125 ml water

2 tbsp oil

200 ml milk / soy cream

1 tsp vinegar

1 tbsp butter / margarine

Spices: Salt Pepper

Preparation:

- Wash and clean kale and cut into strips. Peel potatoes and carrots. Dice potatoes, cut carrots into pieces.
- Heat oil in a large pot. Sauté kale, potatoes and carrots in it. Season with salt, add 125 ml water, bring everything to a boil and cook for about 20 minutes.
- Mash vegetables with a potato masher or fork, stir in butter / margarine and milk / soy cream. Season with vinegar, salt and pepper. Wash parsley, shake dry and chop.
- Sprinkle Stampot with parsley and enjoy hot - bon appétit!