



Underberg kale stew with smoked saussages

Ingredients

Serves 4

- 1000 g kale
- 2 tablespoons clarified butter
- 500 ml vegetable broth
- 75 g bacon
- 400 g potatoes (floury)
- 1/2 tsp nutmeg
- 1 teaspoon mustard
- 2 cl Underberg

- 4 mettends
- salt, pepper

Preparation

Wash the kale, pluck the leaves from the stalks and cut them into small pieces. Peel and finely chop the onions. Heat clarified butter in a large pot, add onions and bacon, fry for 1-2 minutes.

Add kale, mustard, salt, pepper and nutmeg, add vegetable stock and Underberg and simmer for 45-60 minutes.

Peel potatoes and cut them into small pieces of equal size. Add potatoes and smoked suassages 20 minutes before the end of the cooking time of the kale. Season to taste with salt and pepper and serve.

Preparation time: 60 minutes

Nutritional values per serving:

773.6 kcal/3169.6 kj

carbohydrate 28,4 g

protein 35,5 g

fat 53,3 g