*smooth*food

BEEF GOULASH
with spaghetti

Preparation for 10 portions

Goulash:
Blend the goulash meat, sauce from the goulash and the vegetable stock to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mass into a "Goulash" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Spaghetti:
Blend the spaghetti, oil and water to a very fine puree. Season to taste with salt and pepper. Stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into a "Green Beans" or "Spinach" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Heating/serving:
Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the goulash over the spaghetti.

Kitchen tips:
The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Goulash
600 g	Goulash meat (beef with onions and paprika), cooked
200 ml	Meat stock
400 ml	Sauce from the goulash
50 g	GELEAhot

Ingredients	Spaghetti
550 g	Spaghetti (soft boiled) (whole wheat pasta is also possible)
310 ml	Water
180 ml	Oil
40 g	GELEAhot

Nutrition facts per 100 g	
Energy/ Calories	568 kJ/ 136 kcal
Fat Of which saturates	10.7 g 4.1 g
Carbohydrates Of which sugars	4.7 g 1.9 g
Fibre	3.0 mg
Protein	5.5 g
Salt	0.3 g