

## GOULASH

with spaetzle and  
 diced bell peppers

Ingredients	Goulash
700 g	Ready cooked goulash (meat/sauce ratio 1:1)
300 ml	Beef stock
40 g	GELEAcold

Ingredients	Spaetzle
500 g	Spaetzle (soft boiled or cooked frozen spaetzle)
300 ml	Cold water
200 ml	Rapeseed oil
40 g	GELEAcold
	Salt, nutmeg

Ingredients	Diced bell peppers
750 g	Bell pepper strips (frozen)
250 ml	Vegetable stock
30 ml	Olive oil
40 g	GELEAcold
	Salt, pepper

### Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes. Serve as shown.

Nutrition facts for one serving (approx. 185 g)

Energy/Calories	886 kJ/ 211 kcal
Fat	14.4 g
Of which saturates	2.26 g
Carbohydrates	12.81 g
Of which sugars	3.0 g
Fibre	4.6 g
Protein	5.7 g
Salt	0.7 g

### Goulash:

Blend the ready cooked goulash and beef stock a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into a "Goulash" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

### Spaetzle:

Blend the boiled spaetzle, cold water and oil to a very fine puree for 5 minutes. Season with a little salt and nutmeg to taste then add the GELEAcold and stir in for 20 seconds. Pipe the mass with a potato press or a piping bag with a spaghetti nozzle into decorative nests on a GN baking tray then freeze.

**Tip:** Frozen spaetzle are easier to process and produce a fluffier and creamier consistency!

### Diced bell peppers:

Blend the bell pepper strips, stock, olive oil and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into an ice cube mould (cube size 1x1 cm), cover with cling film then freeze.

**Alternatively:** Fill the mass into a piping bag with a round or star-shaped nozzle and pipe decorative shapes onto a GN baking tray then freeze.

### Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



GOULASH  
 with spaetzle and  
 diced bell peppers