



SAUTEED SPINACH AND POTATO NOODLES

in creamy sauce with bacon



HELLO GARLIC

Everybody knows about garlic breath!
This is caused by the allicin it contains.
This sulphurous substance is formed when
garlic is chopped or crushed.



Single cream



Brown mushrooms



Onion



Garlic cloves



Baby spinach



Potato noodles



Bacon (slices)



"Pepper spices" spice mix

 30 - 40 minutes (depending on number of persons)

 Level 1

 Cook on days
1-5

Wash your hands thoroughly with soap for at least 20 seconds before cooking.
Wash **vegetables**.
You will also need: **1 large bowl** and **1 large frying pan**.



1 CHOP INGREDIENTS

Chop **mushrooms** into slices.
Peel and finely dice the **onion**.
Peel and finely chop the **garlic**.
Cut **bacon** into strips 1 cm wide.



2 PRE-FRY POTATO NOODLES

Heat 1 tbsp. [2 tbsp.] **oil*** in a large frying pan and **sauté potato** noodles for approx. 5 min.
Then put the **potato noodles** in a large bowl and place to one side.
Heat up the frying pan again without added fat and sauté the **bacon strips** for 3-4 min. until crispy, then remove from the frying pan and add to the **potato noodles** in the bowl.



4 PREPARE SAUCE

Deglaze **pan-fried vegetables** with **single cream** and the **spice mix** and cook everything for approx. 1 min. until the **single cream** has thickened a little.



5 FINALLY

Add **potato noodles** and **baby spinach** and briefly mix everything together, heat up again and season with **salt*** and **pepper*** if necessary.



3 SAUTÉ VEGETABLES

Without adding any more fat, sauté the **mushroom slices** and the **diced garlic** and **onion** in the same frying pan for approx 5 min.



6 SERVE

Serve **baby spinach** and **potato noodle stir-fry** on deep plates and enjoy.

Bon appetit!

SERVES 2 | 4

INGREDIENTS

	2P		4P	
Single cream 5)	1 x	200 g	2 x	200 g
braune Champignons	1 x	200 g	1 x	400 g
Onion	1 x	100 g	2 x	100 g
Garlic cloves	1 x	4 g	2 x	4 g
Baby spinach	1 x	75 g	1 x	150 g
Potato noodles 1)	1 x	400 g	1 x	800 g
Bacon (slices)	1 x	75 g	1 x	150 g
“Pepper spices” spice mix	1 x	2 g	1 x	4 g
Oil* for step 2	1 tbsp.		2 tbsp.	
Salt*, pepper*	According to taste			

* Good to have at hand [double the amounts for 4 persons]
🕒 Note the quantity required. The quantity delivered in your box differs from this quantity and some will be left over.

AVERAGE NUTRITIONAL VALUES PER	100 g	PORTION
Calories	573 kJ/137 kcal	3.048 kJ/729 kcal
Fat	7.44 g	39.54 g
- incl. saturated fats	0.96 g	5.10 g
Carbohydrate	12.78 g	67.95 g
- incl. sugar	0.65 g	3.44 g
Protein	4.12 g	21.91 g
Salt	0.98 g	5.25 g

ALLERGENS

1) Cereals containing gluten 5) Milk

(Please see the additional information on allergens and possible traces of allergens on the packaging of the ingredients!)