

Käsige Hacktäschi mit Rahmchampignons dazu Konfetti-Püree

Family 30 – 40 Minuten • 919 kcal • Tag 2 kochen

24



braune Champignons



Zwiebel



Panko-Mehl



Gewürzmischung
"Hello Paprika"



HelloFresh
gemischtes Gehacktes



vorw. festk. Kartoffeln



Rüebli



Reibkäse



Halbrahm



Frühlingszwiebel



- Ohne künstliche Farbstoffe
- Ohne künstliche Aromen
- Ohne hinzugefügte Glutamate

Los geht's

Wasche das Gemüse ab.

Basiszutaten aus Deiner Küche*

Öl*, Salz*, Pfeffer*, Butter*

Kochutensilien

1 grossen Topf, 1 grosse Bratpfanne mit Deckel, 1 Kartoffelstampfer, 1 kleine Schüssel, 1 Sieb und 1 grosse Schüssel

Zutaten 2 | 4 Personen

	2P		4P	
braune Champignons	1 x	150 g	1 x	300 g
Zwiebel	1 x	100 g	2 x	100 g
Panko-Mehl (15)	1 x	30 g	1 x	50 g
Gewürzmischung "Hello Paprika"	1 x	2 g	1 x	4 g
HelloFresh gemischtes Gehacktes	1 x	250 g	1 x	500 g
vorw. festk. Kartoffeln	1 x	400 g	1 x	800 g
Rüebli	1 x	100 g	2 x	100 g
Reibkäse (7)	1 x	50 g	1 x	100 g
Halbrahm (7)	1 x	150 g	2 x	150 g
Frühlingszwiebel	1 x	15-25 g	2 x	15-25 g

**Beachte die benötigte Menge. Die gelieferte Menge in Deiner Box weicht hiervon ab und es bleibt etwas übrig

Durchschnittliche Nährwerte pro

(Berechnet auf Grundlage der angegebenen Ausgangszutaten.)

	100 g	Portion (ca. 660 g)
Brennwert	583 kJ/ 139 kcal	3847 kJ/ 919 kcal
Fett	8.22 g	54.20 g
– davon ges. Fettsäuren	3.01 g	19.88 g
Kohlenhydrate	7.88 g	51.96 g
– davon Zucker	1.52 g	10.04 g
Eiweiss	7.22 g	47.60 g
Salz	0.240 g	1.584 g

Bitte beachte, dass die Nährwertangaben auf der Rezeptkarte aufgrund natürlicher Schwankungen und kurzfristiger Produktänderungen abweichen können. Massgeblich sind allein die Nährwertinformationen auf den Produktverpackungen.

Allergene: (7) Milch (einschliesslich Laktose) (15) Weizen

(Bitte beachte weitere Informationen zu Allergenen und möglichen Spuren von Allergenen auf der Zutatenverpackung!)



Kartoffeln garen

Erhitze reichlich **Wasser*** im Wasserkocher.

Kartoffeln schälen und je nach Grösse vierteln oder halbieren.

Rüebli schälen und in grobe Stücke schneiden.

In einen grossen Topf reichlich heisses **Wasser*** füllen, **salzen*** und einmal aufkochen lassen.

Kartoffelviertel und **Rüebli** zugeben, Hitze reduzieren und 15 – 20 Min. weich garen.

In der Zwischenzeit mit der Zubereitung fortfahren.



Hacktäschi anbraten

In einer grossen Bratpfanne 1 EL [2 EL] **Öl*** bei hoher Hitze erwärmen und **Hacktäschi** ca. 3 Min. rundherum scharf anbraten.

Anschliessend **Hacktäschi** aus der Bratpfanne nehmen.



Gemüse schneiden

Zwiebel halbieren, abziehen, eine Hälfte fein würfeln und den Rest in dünne Streifen schneiden.

Champignons je nach Grösse halbieren oder vierteln.

Frühlingszwiebel in feine Ringe schneiden.



Für die Sauce

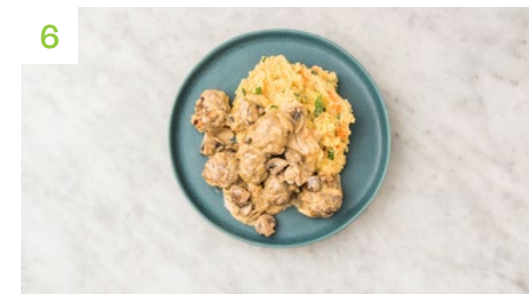
Hitze reduzieren und in derselben Bratpfanne **Zwiebelstreifen** und **Champignons** ohne weitere Fettzugabe ca. 3 Min. braten. 2 EL [4 EL] **Halbrahm** für das **Püree** in eine kleine Schüssel füllen und beiseitestellen. **Pilzpfanne** mit dem restlichen **Halbrahm** ablöschen, restliche **Gewürzmischung** hinzufügen und **Sauce** mit **Salz*** und **Pfeffer*** abschmecken. Angebratene **Hacktäschi** in die **Sauce** geben, Hitze reduzieren und alles abgedeckt 5 – 8 Min. gar ziehen lassen.

Tipp: Wenn die Sauce zu dick wird, gib einen Schluck **Wasser*** dazu.



Hacktäschi formen

In einer grossen Schüssel **Hackfleisch**, **Zwiebelwürfel**, **Panko-Mehl**, **Käse**, die Hälfte der „**Hello Paprika**“ **Gewürzmischung**, **Salz*** und **Pfeffer*** gründlich mit den Händen vermengen und aus der **Hackfleischmasse** ca. 12 [24] **Hacktäschi** formen.



Anrichten

Kartoffeln und **Rüebli** durch ein Sieb abgessen und gleich zurück in den Topf geben.

Zurückbehaltenen **Halbrahm**, **Frühlingszwiebelringe**, 0.5 EL [1 EL] **Butter***, **Salz*** und **Pfeffer*** zufügen und mit dem Kartoffelstampfer zu einem **Püree** verarbeiten.

Kartoffel-Rüebli-Püree auf dem Teller verteilen, **Hacktäschi** daneben anrichten und geniessen.

En Guete!

Cheesy meatballs with creamy mushrooms

served with mixed mash

Family 30-40 minutes • 919 kcal • Cook on day 2

24



Brown mushrooms



Onion



Panko breadcrumbs



“Hello Paprika” spice mix



HelloFresh mixed
minced meat



Mainly waxy potatoes



Carrots



Grated cheese



Single cream



Spring onions



- Ohne künstliche Farbstoffe
- Ohne künstliche Aromen
- Ohne hinzugefügte Glutamate

Let's get started

Wash the vegetables.

Basics from your kitchen*

Oil*, salt*, pepper*, butter*

Cooking utensils

1 large pot, 1 large frying pan with lid, 1 potato masher, 1 small bowl, 1 sieve and 1 large bowl

Ingredients for 2 | 4 persons

	2P		4P	
Brown mushrooms	1 x	150 g	1 x	300 g
Onion	1 x	100 g	2 x	100 g
Panko breadcrumbs 15	1 x	30 g	1 x	50 g
“Hello Paprika” spice mix	1 x	2 g	1 x	4 g
HelloFresh minced meat	1 x	250 g	1 x	500 g
Mainly waxy potatoes	1 x	400 g	1 x	800 g
Carrots	1 x	100 g	2 x	100 g
Grated cheese 7	1 x	50 g	1 x	100 g
Single cream 7	1 x	150 g	2 x	150 g
Spring onions	1 x	15-25 g	2 x	15-25 g

**Note the quantity required. The quantity delivered in your box differs from this quantity and some will be left over.

Average nutritional values per

(calculated based on the specified starting ingredients)

	100 g	Portion (approx. 660 g)
Calories	583 kJ/ 139 kcal	3847 kJ/ 919 kcal
Fat	8.22 g	54.20 g
– incl. saturated fats	3.01 g	19.88 g
Carbohydrate	7.88 g	51.96 g
– incl. sugar	1.52 g	10.04 g
Protein	7.22 g	47.60 g
Salt	0.240 g	1.584 g

Please note that the nutritional information on the printed recipe may vary due to natural fluctuations and changes to products at short notice. Only the nutritional information on the product packaging is definitive.

Allergens: 7 Milk (including lactose) **15** Wheat

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



1 Cook the potatoes

Heat plenty of water* in the kettle.

Peel the potatoes and halve or quarter them depending on their size.

Peel the carrots and cut into large pieces.

Fill a large pot with plenty of hot water*, add salt* and bring to the boil.

Add the potato quarters and carrots, reduce the heat, and cook for 15-20 minutes until soft.

In the meantime, continue with the preparation.



2 Chop the vegetables

Halve and peel the onion, finely dice one half and cut the rest into thin strips.

Cut the mushrooms into halves or quarters depending on their size.

Cut the spring onions into thin rings.



3 Make the meatballs

In a large bowl, use your hands to mix the minced meat with the diced onion, Panko breadcrumbs, cheese, half of the “Hello Paprika” spice mix, salt* and pepper*, then form around 12 [24] meatballs from this mixture.



4 Sauté the meatballs

Heat up 1 tbsp. [2 tbsp.] oil* on a high heat in a large frying pan and fry the meatballs all around for about 3 minutes

Then remove the meatballs from the frying pan.



5 For the sauce

Reduce the heat and in the same frying pan, fry the onion strips and mushrooms without any more fat for about 3 min. Pour 2 tbsp. [4 tbsp.] single cream for the mash into a small bowl and set it aside. Deglaze the mushrooms with the rest of the single cream, add the rest of the spice mix and season the sauce with salt* and pepper*. Add the fried meatballs to the sauce, reduce the heat, cover, and simmer for 5-8 min. until done.

Tip: If the sauce gets too thick, add a little water*.



6 Serve

Drain the potatoes and carrots in a sieve, then put them straight back in the pot.

Add the remaining single cream, spring onion rings, 0.5 tbsp. [1 tbsp.] butter*, salt* and pepper*, and mash with a potato masher.

Apportion the mashed potatoes and carrots on the plate, arrange the meatballs next to it and enjoy.

Bon appetit!



Cheesy meatballs with creamy mushrooms

served with mixed mash

Family 30-40 minutes • 919 kcal • Cook on day 2

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Panko breadcrumbs



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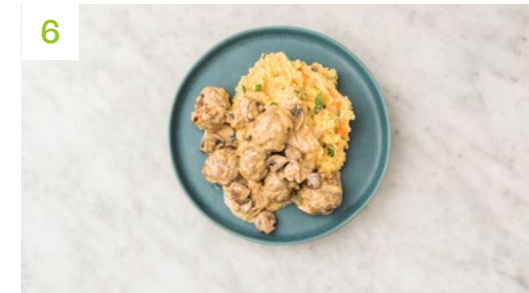
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Add the remaining single cream, spring onion rings, 0.5 tbsp. [1 tbsp.] butter*, salt* and pepper*, and mash with a potato masher.

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