



Strozzapreti! Pasta mit käsiger Bolognese und frischer Tomate

Zeit sparen Family 15 Minuten • 928 kcal • Tag 2 kochen



frische Strozzapreti



geriebener Hartkäse



Tomaten



Zwiebel



Rüebli



stückige Tomaten



Tomatenpesto



Gewürzmischung „Hello Buon Appetito“



HelloFresh gemischtes Gehacktes



Los geht's

Wasche Gemüse und Kräuter ab.

Basiszutaten aus Deiner Küche*

Öl*, Pfeffer*, Salz*, Zucker*

Kochutensilien

1 grossen Topf, 1 Sieb, 1 Gemüseraffel und 1 grosse Bratpfanne mit Deckel

Zutaten 2 | 4 Personen

	2P	4P
frische Strozzapreti 15)	1 x 250 g	1 x 500 g
geriebener Hartkäse 7) 8)	1 x 20 g	1 x 40 g
Tomaten	1 x 100 g**	1 x 100 g
Zwiebel	1 x 100 g	2 x 100 g
Rüebli	1 x 100 g	2 x 100 g
stückige Tomaten	1 x 390 g	2 x 390 g
Tomatenpesto 14)	1 x 25 g	1 x 50 g
Gewürzmischung „Hello Buon Appetito“	1 x 4 g	2 x 4 g
HelloFresh gemischtes Gehacktes	1 x 250 g	1 x 500 g

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

Durchschnittliche Nährwerte pro

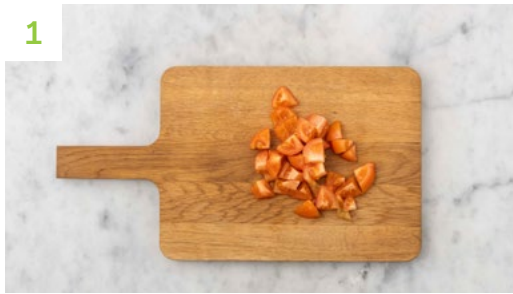
(Berechnet auf Grundlage der angegebenen Ausgangszutaten.)

	100 g	Portion (ca. 650 g)
Brennwert	596 kJ/ 142 kcal	3883 kJ/ 928 kcal
Fett	6.26 g	40.82 g
- davon ges. Fettsäuren	2.14 g	13.94 g
Kohlenhydrate	13.09 g	85.32 g
- davon Zucker	2.87 g	18.72 g
Eiweiss	5.66 g	36.91 g
Salz	0.348 g	2.267 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) **8)** Eier **14)** Schwefeldioxide und Sulfite **15)** Weizen

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



1 Kleine Vorbereitung

Erhitze reichlich **Wasser*** im Wasserkocher.

Zwiebel halbieren und fein würfeln.

Rüebli nach Belieben schälen und grob raspeln.

Tomate in 2 cm grosse Würfel schneiden.



2 Nudeln kochen

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

Strozzapreti hinzugeben und 3 – 5 Min. bissfest garen.

Fertig gekochte **Pasta** anschliessend in einem Sieb abgessen und kurz beiseitestellen.

Währenddessen mit dem Rezept fortfahren.



3 Hackfleisch anbraten

In einer grossen Bratpfanne 1 EL [2 EL] **Öl*** bei hoher Hitze erwärmen.

Zwiebel, Rüebli und **Hackfleisch** 2 – 3 Min. anbraten.

Anschliessend **Tomatenwürfel** und „**Hello Buon Appetito**“ zum **Hackfleisch** geben und 2 – 3 Min. weiter anbraten, bis das **Hackfleisch** gebräunt und krümelig ist.



4 Bolognese zubereiten

Hitze reduzieren, **stückige Tomaten, Tomatenpesto** und 1 TL [1.5 TL] **Zucker*** hinzugeben, umrühren und 2 – 3 Min. köcheln lassen. Mit **Salz*** und **Pfeffer*** abschmecken.



5 Bolognese vollenden

Nach der Garzeit gekochte **Nudeln** unter die **Sauce** mischen und **geriebenen Käse** über der **Sauce** verteilen.

Abgedeckt für 1 Min. weiter köcheln lassen, bis der **Käse** leicht geschmolzen ist.



6 Anrichten

Pasta auf Tellern anrichten und geniessen.

En Guete!

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Strozzapreti! Pasta with cheesy bolognese and fresh tomatoes

Save time Family 15 minutes • 928 kcal • Cook on day 2



Fresh strozzapreti



Grated hard cheese



Tomatoes



Onion



Carrots



Chopped tomatoes



Tomato pesto



“Hello Buon Appetito” spice mix



HelloFresh mixed minced meat



Let's get started

Wash the vegetables and herbs.

Basics from your kitchen*

Oil*, pepper*, salt*, sugar*

Cooking utensils

1 large pot, 1 sieve, 1 vegetable grater and 1 large frying pan with lid

Ingredients for 2 | 4 persons

	2P		4P	
Fresh strozzapreti 15)	1 x	250 g	1 x	500 g
Grated hard cheese 7) 8)	1 x	20 g	1 x	40 g
Tomatoes	1 x	100 g**	1 x	100 g
Onion	1 x	100 g	2 x	100 g
Carrots	1 x	100 g	2 x	100 g
Chopped tomatoes	1 x	390 g	2 x	390 g
Tomato pesto 14)	1 x	25 g	1 x	50 g
“Hello Buon Appetito” spice mix	1 x	4 g	2 x	4 g
HelloFresh minced meat	1 x	250 g	1 x	500 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

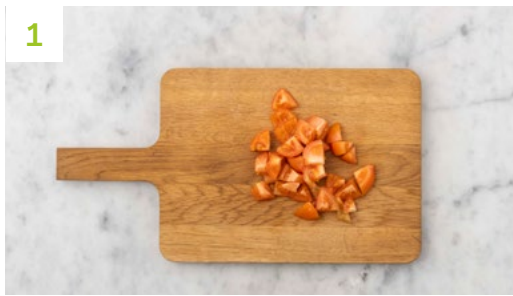
(calculated based on the specified starting ingredients)

	100 g	Portion (approx. 650 g)
Calories	596 kJ/ 142 kcal	3883 kJ/ 928 kcal
Fat	6.26 g	40.82 g
– incl. saturated fats	2.14 g	13.94 g
Carbohydrate	13.09 g	85.32 g
– incl. sugar	2.87 g	18.72 g
Protein	5.66 g	36.91 g
Salt	0.348 g	2.267 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) **8)** Eggs **14)** Sulphur dioxide and sulphites **15)** Wheat

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



1 Get prepped

Heat plenty of water* in the kettle.

Halve and finely dice the onion.

Peel the carrots if you like and coarsely grate them.

Cut the tomato into 2 cm cubes.



2 Cook the pasta

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

Add the strozzapreti and cook for 3-5 min. until al dente.

Drain the cooked pasta in a sieve and briefly set it aside.

In the meantime, continue with the recipe.



3 Brown the mince

Heat 1 tbsp. [2 tbsp.] oil* in a large frying pan on a high heat.

Sauté the onion, carrots and minced meat for 2-3 min.

Then add the diced tomatoes and “Hello Buon Appetito” to the minced meat and sauté for another 2-3 min. until the minced meat is browned and crumbly.



4 Prepare the bolognese

Reduce the heat, add the chopped tomatoes, the tomato pesto and 1 tsp. [1.5 tsp.] sugar*, then stir and simmer for 2-3 min. Season with salt* and pepper*.



5 Finish the bolognese

Once it is cooked, mix the pasta into the sauce and sprinkle grated cheese over the sauce.

Cover and continue to simmer for 1 min. until the cheese has melted slightly.



6 Serve

Apportion the pasta onto plates and enjoy.

Bon appetit!

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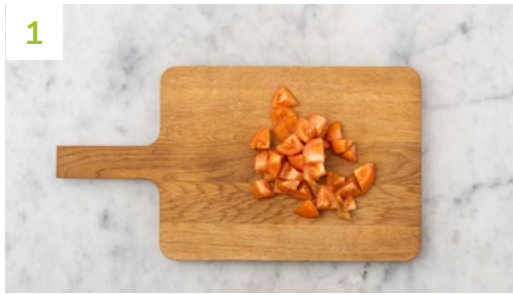
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