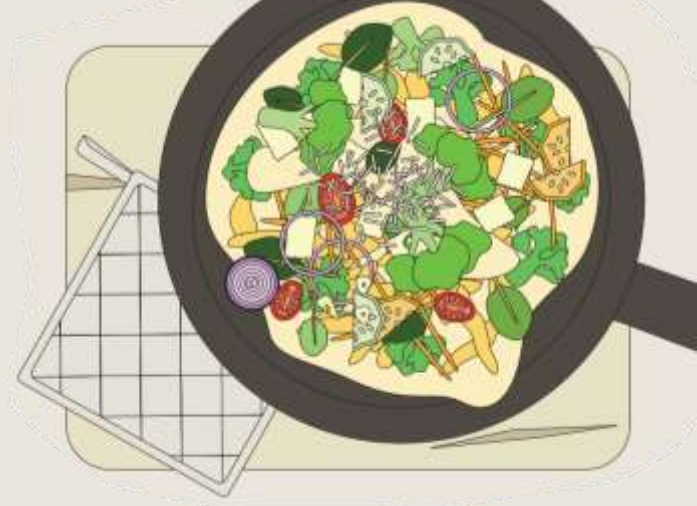


Spätzli Pan with Fresh Vegetables

Serves 4

Approximate preparation time: 40-50 minutes



Quantity	Ingredients	Preparation
Spätzli pan		
650 g	spätzli	Finely chop the garlic and onion. Wash and prepare carrots, courgettes, tomatoes and broccoli. Cut the broccoli into florets, and the broccoli stalks, carrots and courgettes into cubes. Briefly sauté the vegetables in the olive oil, season and set aside. Fry the spätzli in the hot rapeseed oil, constantly turning. Add the spinach and simmer briefly. Add the prepared vegetables and cream, and briefly bring to the boil. Mix in the cheese and season to taste.
180 g	carrots	
1/2	broccoli	
0.5 dl	cream	
60 g	hard cheese	
30 g	rapeseed oil	
3 pinches	salt	
120 g	spinach	
1	courgette (large)	
20 g	onion	
1 tbsp	olive oil	
1 g	pepper	
1	tomato (small)	
4 cloves	garlic	
50 g	hard cheese 30% fat	

Fun fact:

Swiss courgettes are in season between May and October.