

SPAGHETTI CON FUNGI

2 persons / 524 kcal per portion

Ingredients:

- 150 grams ground beef
- 250 grams Italian stir-fry vegetables - chestnut mushrooms
- 1 clove of garlic
- 35 grams spaghetti con funghi mix (Knorr)
- 200 ml tap water
- 100 ml sieved tomato (Heinz)
- ½ tablespoon mustard
- 1 tablespoon soy sauce (Go-tan)
- 130 grams spaghetti
- 15 grams fresh parsley
- 15 gram Parrano flakes
- pepper and salt



Preparation:

Peel and chop the garlic. Chop the parsley. Heat a skillet and fry the ground beef over medium heat for 5 minutes. Spoon the ground beef from the pan with a slotted spoon into a bowl. Fry in leftover fat the vegetable stir fry and garlic for 6 minutes over medium heat. Add the tomato and fry it for 2 minutes. Add the water, spaghetti mix and bring to the boil while stirring. Add, mustard, soy sauce and half of the parsley. Let the sauce boil gently for 5 minutes. Spoon the minced meat into the sauce and heat for 2 minutes. Season further if necessary with salt and pepper. Meanwhile, cook the spaghetti according to the instructions on the package. Mix the spaghetti with the sauce, divide among plates and sprinkle with the Parrano flakes and the rest of the parsley.

Nutritional value per portion:

Energy:	524 kcal
Protein:	29.0 grams
Carbohydrates:	59.7 grams
- including sugars:	9.4 grams
Fat:	14.3 grams
Fiber:	5.2 grams
Salt:	1.3 grams