

Spezialitads dal Grischun



SPAGHETTI MOUNTAIN-BIKE

A dish that can be prepared quickly for surprise guests

Ingredients

(for 4 portions)

400 to 500 g spaghetti
150 g Bündnerfleisch finely sliced (or Bündnerfleisch Julienne)
Grated Sbrinz or Parmesan "Reggiano" cheese
2 cups of green peas
1 cup of grated celery
1 onion
1–2 cloves garlic
Parsley
Pepper and salt
2–3 tablespoons oil

Method

(Preparation time: 15 minutes, recipe takes approx. 20 minutes)

- Cook the spaghetti until it is al dente.
- Finely chop the onion, garlic and parsley and stew gently with the grated celery, peas and strips of finely sliced Bündnerfleisch (or Bündnerfleisch Julienne).
- Season to taste with salt or vegetable extract. Deglaze the pan with a little white wine or vegetable stock and reduce to a thinnish

sauce. Spread the sauce over the spaghetti and serve with grated cheese.

A mixed salad is a perfect starter or side dish.