



**SPOOK-
TACULAR!**

Beef and Parsnip GHOULash

with Caraway Spaetzle

 30-40min  2 Servings

Goulash & Spaetzle may sound like the name of an Eastern European pop music duo, but it's actually a classic combination of ground beef and homemade noodles. Spaetzle is so easy to make, you'll wonder why you haven't before, and flavorful ground beef is seasoned with paprika for that signature Hungarian flavor. It's perfect (and spooky!) for chilly Halloween season! Cook, relax, and enjoy!

What we send

- parsnips
- fresh chives
- tomato paste
- ground beef
- medium yellow onion
- caraway seeds
- beef broth packet
- Hungarian paprika

What you need

- 1 large egg³
- coarse salt
- freshly ground black pepper
- olive oil

Tools

- colander

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 680.0kcal, Fat 21.2g, Proteins 50.0g, Carbs 67.8g



1. Make spaetzle dough

Whisk 1 egg and $\frac{1}{8}$ cup water in a medium bowl. Add flour, caraway seeds, and $\frac{1}{4}$ teaspoon salt, and whisk to combine. Set aside until ready to use.



2. Prep ingredients

Bring a medium pot of salted water to a boil. Halve, peel, and finely chop onion. Peel parsnips. Cut thick ends in half lengthwise then cut into $\frac{1}{2}$ -inch thick slices. Chop chives. In a small bowl, whisk beef broth packet with $1\frac{1}{2}$ cups warm water to dissolve.



3. Cook onion and beef

Heat 1 tablespoon oil in a medium pot over medium-high. Add onion and $\frac{1}{4}$ teaspoon salt and cook, stirring, until softened, 2-3 minutes. Add ground beef and cook until browned, 4-6 minutes. Stir in tomato paste and paprika and cook until fragrant, about 1 minute.



4. Make goulash

Add parsnips, beef broth, $\frac{1}{2}$ teaspoon salt, and a few grinds pepper. Bring to a simmer, cover, reduce heat to low, and cook until parsnips are tender, 8-10 minutes. Remove lid, increase heat, and cook until slightly thickened, 3-5 minutes.



5. Cook spaetzle

Spread dough onto a cutting board. Dip a knife into the pot of boiling water to moisten. Holding cutting board over pot, cut $\frac{1}{4}$ -inch strips from dough and scrape into water, submerging knife to release dough. Continue scraping dough down the board and cutting. Cook until spaetzle float to the surface, 2-3 minutes.



6. Finish goulash

Drain spaetzle, return to pot, and toss with 1 teaspoon oil. Divide spaetzle between two plates or bowls and top with goulash, sour cream, and chives. Enjoy!