



*Super Spätzle  
Stir fry*

*Use authentic German noodles, or choose your own.  
Serves 6.*

**Ingredients:**

½ lb (250 g) Freybe Cooked Ham,  
julienned  
1 (300 g) Freybe Ukrainian Ring, sliced  
into bite-size rounds\*  
1 large onion, sliced in ½ rings  
1 red, yellow, and green pepper cut in fine  
strips  
1 tbsp (15 ml) olive oil  
2-3 cups (500 – 750 ml) cooked noodles  
(Spätzle or alternative)  
2 tbsp (30 ml) chopped parsley  
Salt and pepper to taste

**To prepare:**

1. Briefly sauté vegetables in oil.
  2. Add cooked noodles.
  3. After one minute, lower heat and add meat.
  4. Add salt and pepper.
  5. Garnish with parsley.
- \*Freybe alternative: Lyoner Sausage or Pepperoni  
Sticks, cut into tasty morsels