

# HARIBO

## Vegetable Cake Bear

### What you need:

100 g courgettes (approx. 1/2 small courgette)  
 100 g potatoes (approx. 1 potato)  
 100 g carrots (approx. 1 small carrot) | 2 eggs  
 3 tbsp Gouda, grated | 2 tbsp milk | 3 tbsp flour  
 1 tbsp parsley, chopped | salt | pepper | 75 g fresh cream  
 1 Goldbear mold

### Here's how it works:

1. Preheat the oven to 180 °C
2. Wash the courgettes and grate them roughly into a bowl. Salt it a little, so that it draws water. After 5 minutes, squeeze it well and remove the liquid.
3. Peel the potato and the carrot and grate them roughly as well. Mix the vegetables with the eggs, Gouda, milk, flour and parsley in a bowl and season with salt and pepper.
4. Fill the mixture into the Goldbear mold and bake in the oven for 30 minutes.
5. Remove the warm bear from the mould and place it on a plate. Mix the fresh cream with a little salt and pepper and serve it with the bear. You can also serve it with a small mixed salad. That's it, the veggie cake is ready!

