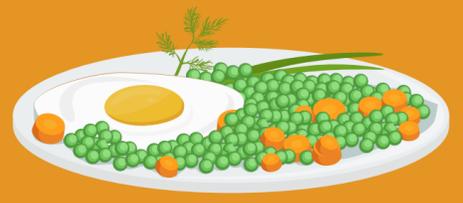


Balanced and easy recipes to make at home



GREEN PEA STEW (4 PORTIONS)

INGREDIENTS



2 carrots



600 g fresh or frozen green peas



1 clove of garlic



Sweet paprika and dried basil



1 onion, chopped



4 eggs (optional)



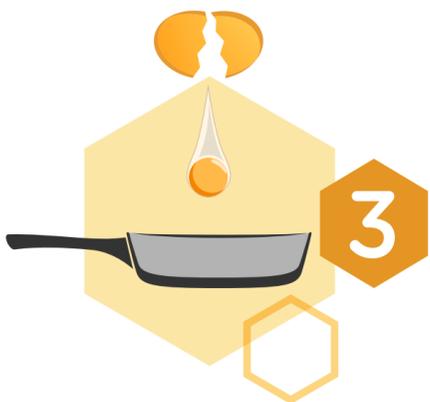
Vegetable oil

METHOD



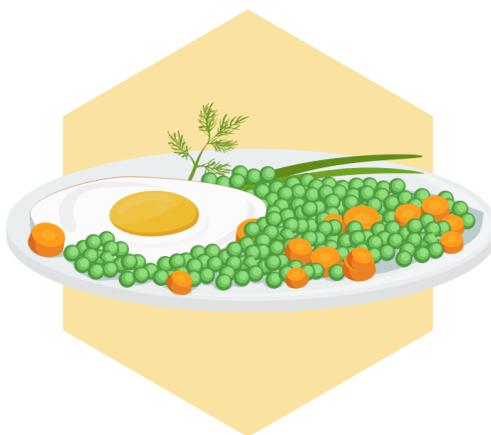
1 Add a drizzle of **olive oil** to a **large pan** and allow to heat up for a few minutes, then **add green peas, carrot pieces and chopped onions and garlic**. Cook over medium heat **for 7-10 minutes**, stirring occasionally.

2 Add **1 cup of water** and **season with paprika and dried basil**. Cover with a lid and **cook for 8 minutes**.



3 Finally, **break eggs into skillet**. Cook until done as desired.

4 **Combine the vegetables and the egg** on a plate



READY TO EAT.

Balanced and easy recipes to make at home



PASTA WITH VEGETABLES AND CANNED TUNA (4 PORTIONS)

INGREDIENTS



260 g whole grain pasta



100 g diced fresh tomatoes or 100 g canned tomatoes



30 ml oil



200 g canned tuna



130 g broccoli, fresh or frozen



Salt and pepper



100 g onion, thinly sliced



Lemon juice (optional) or soy sauce, preferably low sodium (optional)



20 g chopped garlic



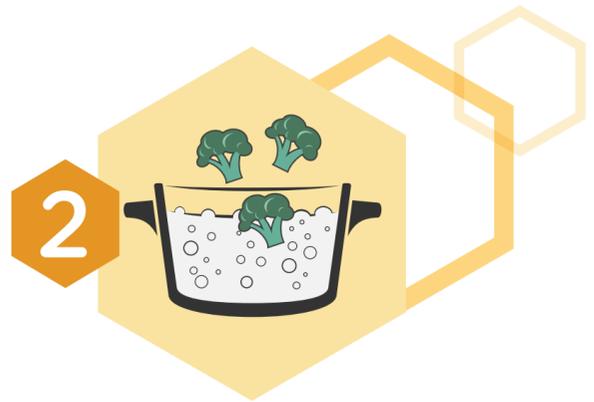
Basil

METHOD



Cook the pasta according to package instructions. **Cool the pasta** under running water, **drizzle with some oil** and set aside.

Cook the broccoli in boiling water **for 8 minutes** (or 10 minutes for frozen broccoli), drain and set aside.



Add a drizzle of **olive oil to a large pan** and allow to **heat up for a few minutes**, then add the **onion and the garlic for 10 minutes** over a medium heat. Then add the **tomato and tuna. Stir the sauce** and let it cook for **another 10 minutes**, adding the salt and pepper at the end.

Mix the pasta and broccoli to the sauce and stir. Flavour with a small amount of lemon juice or low-sodium soy sauce if desired and serve with finely chopped basil.



READY TO EAT.