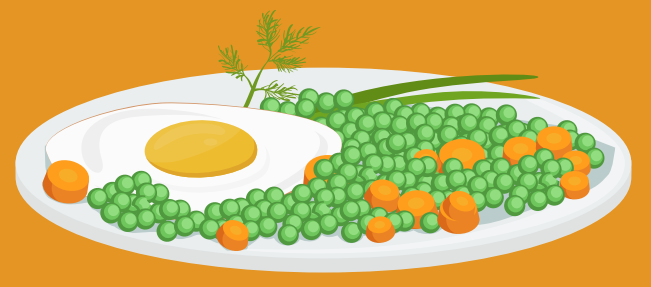


# Balanced and easy recipes to make at home



## 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

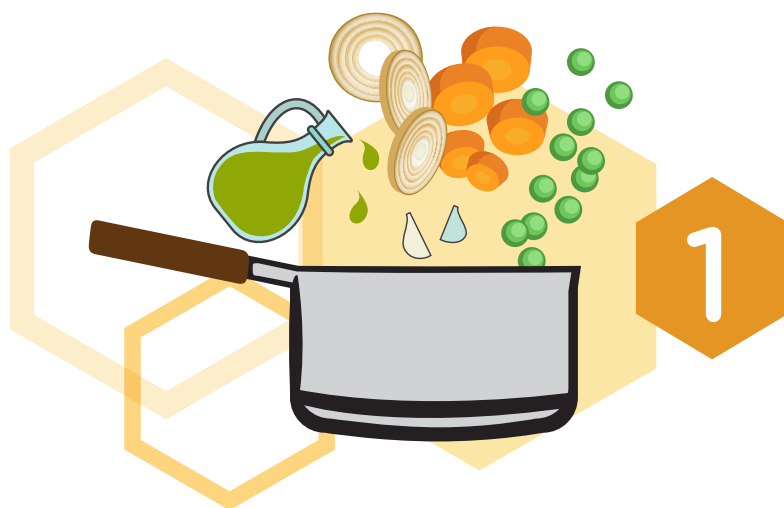


4 eggs (optional)



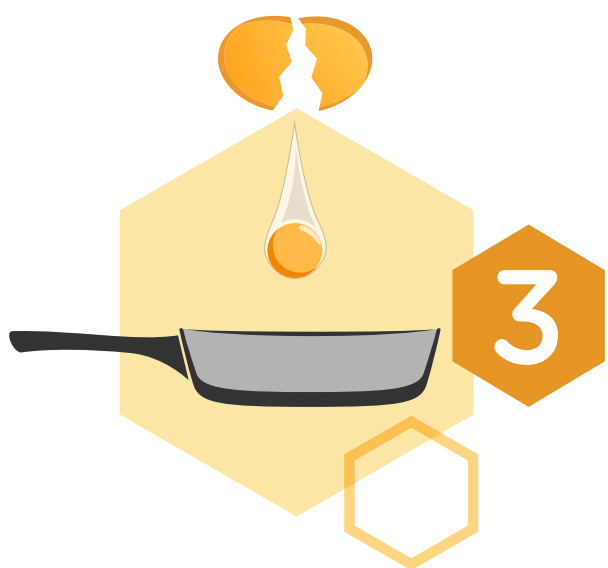
Vegetable oil

### METHOD



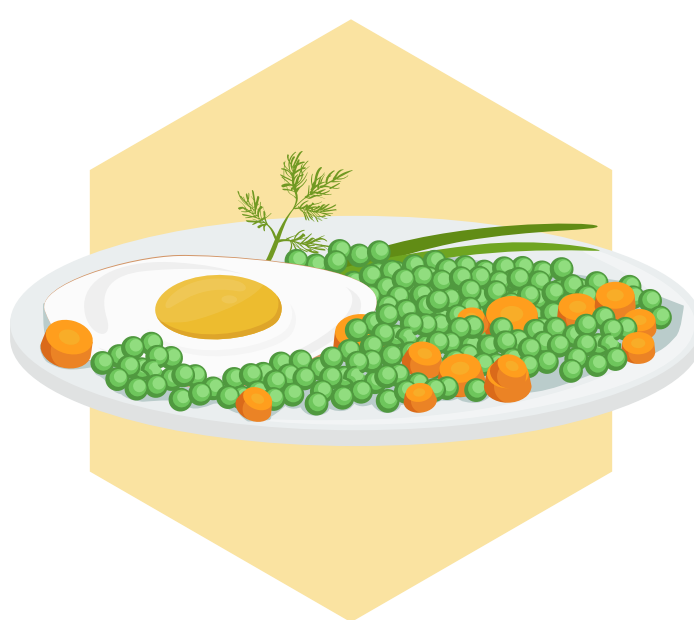
1 Add a drizzle of **olive oil** to a **large pan** and allow to heat up for a few minutes, then **add green peas, carrot pieces and chopped onions and garlic**. Cook over medium heat **for 7-10 minutes**, stirring occasionally.

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



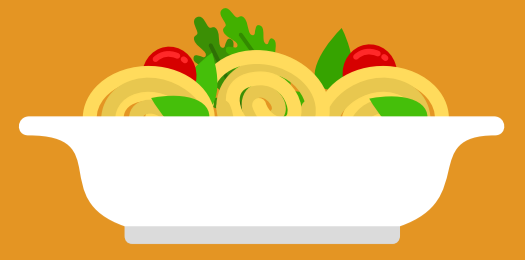
3 Finally, **break eggs into skillet**. Cook until done as desired.

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












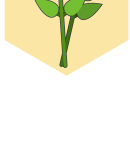
## READY TO EAT.

# Balanced and easy recipes to make at home



## PASTA WITH VEGETABLES AND CANNED TUNA (4 PORTIONS)

### INGREDIENTS

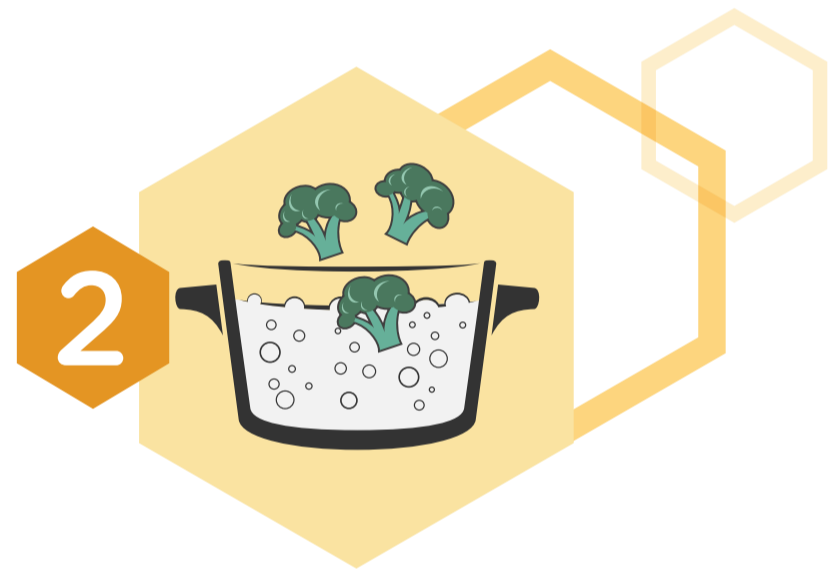
- |  |   |
|--|---|
|  260 g whole grain pasta          |  100 g diced fresh tomatoes or 100 g canned tomatoes                     |
|  30 ml oil                        |  200 g canned tuna   |
|  130 g broccoli, fresh or frozen |  Salt and pepper  |
|  100 g onion, thinly sliced     |  Lemon juice (optional) 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.