

Carrots and Noodles

Carrots, minced meat, onions, apple, pasta. 4 servings.

Ingredients

4 servings

Penne noodles 500 g
Carrots 500 g
Meat, minced 500 g
Onions 300 g
Paprika 100 g
Soy sauce 1 spoon
Tarragon sufficient



Preparing

Start cooking noodles:

Bring 2 litres water to boil.
Add the penne noodles.
Cooking time is 10 to 12 minutes.
Cut the carrots in plain stripes,
add the paprika, onions and
slices of apple.



Cover with the minced meat.



Add the soy sauce, the tarragon and 200 ml water.
Cover with a lid. Start heating with “high”. It will
be ready together with the noodles. Be sure the
minced meat is well done all through.



Remember: Add no fat, oil, margarine or sauces. Fat and oil cracks your calorie counter.
Don't add salt to the noodle water, nor to the garnish. The feta cheese brings enough salt.

Frozen spare servings: This menu is calculated for 4 servings. and can be frozen, so you can use the spare servings whenever your out of time. It spares energy and work. Cooked rice or noodles portioned as menus is best suited for freezing. Frozen spare servings will be ready to serve in your microwave oven in seven minutes.