

Celery Rice

Celery sticks, minced meat, paprika and rice. Good for two servings 15 minutes

Celery Rice

Preparation: 15 minutes

Ingredients

250 g minced meat

200 g celery sticks

100 g paprika

100 g rice

1 g curry spice

Chilli pepper to season

Preparation

Start cooking rice:

Place 100 g rice(125 ml) in a small pot. Add 250 ml water. Cover with a lid. Start heat at “high”.

As soon it is boiling,reduce heat to “middle”.

The rice is ready as soon free water has disappeared.



Cut the vegetables. Place it in a pan, together with the minced meat.

Add 100 ml water, curry and chilly pepper to season.. Cover with a lid. Start heat at “high”. As soon it is boiling, reduce heat to “middle”. Stir from time to times, adding small amounts of water.

It will be ready to serve together with the rice.



Remember: Add no fat, oil, margarine or sauces. Fat and oil cracks your calorie counter. Don't frie meat to avoid formation of cancerous products, steam it shown here.

Frozen spare servings: This menu is calculated for 2 servings. and can be frozen, so you can use the 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.