

Chinese Spaghetti

Spaghetti, Chinese vegetable mix, corned beef, 5 servings Preparing: 15 minutes

Ingredients

500 g Spaghetti
750 g Frozen Chinese vegetable
250 g Cultivated mushroom
500 g Tomato pure
1 g Curry
Thyme, sufficient



Preparation

Start cooking spaghetti:

Bring 2 litres water to boil.
Add the spaghetti.
Cooking time is 8 minutes.

Preparation of the garnish

Place all other ingredients in a pot. Close it with a lid.
Start heat at “high”.

After 5 minute reduce heat to “low”

It will be ready together with the spaghetti.



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 corned beef brings enough salt.

Frozen spare servings: Some menus are best for 5 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.