

Penne Noodles

Pasta with banana, vegetables and Feta cheese,

5 servings Preparing: 15 minutes

Ingredients

500 g Penne noodles
200 g Paprika
200 g Banana, peeled
500 g Broccoli
300 g Carrots
200 g Feta cheese
3 g Curry
1 g Paprika powder
Thyme sufficient



Preparing

Start cooking noodles:

Bring 2 litres water to boil.
Add the penne noodles.
Cooking time is 10 to 12 minutes.

Preparing the garnish

Cut the bananas and the vegetables in small pieces. Place it in a pot. Add 100 ml water. Close it with a lid. Start heat at “high”.



After 5 minute reduce heat to “low” and add the feta cheese. Stir often to avoid the cheese to scorch.

It will be ready together with the noodles.

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: 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.