

EASY COOK CARBOHYDRATES - Lunch & Supper

RICE	RECIPE	NUTRITION INFO
Brown Basmati Rice 30 g brown basmati rice	<ul style="list-style-type: none"> Put in pan with twice quantity of water Bring to the boil and simmer until all water has been absorbed 	Calories 100 Protein 2.1 g Carb 20.6 g Fat 1.0 g
Quinoa 25 g quinoa 2.5 g (1/2 tsp) marigold bouillon (or stock of choice)	<ul style="list-style-type: none"> Put in pan with one and a half quantity of water and marigold Bring to the boil, turn down heat and simmer until all water has been absorbed 	Calories 100 Protein 3.9 g Carb 17.0 g Fat 1.8 g
Buckwheat (Soba) Noodles 30 g buckwheat noodles (either 100% buckwheat or mix of buckwheat and wheat)	<ul style="list-style-type: none"> Bring pan of water to the boil Add noodles and continue to boil until noodles are soft 	Calories 106 Protein 3.1 g Carb 22.2 g Fat 0.5 g
Spelt Pasta 30 g spelt pasta	<ul style="list-style-type: none"> Bring pan of water to the boil Add pasta and continue to boil until pasta is soft 	Calories 102 Protein 3.6 g Carb 20.8 g Fat 0.5 g
Chana Dal 25 g dried Chana lentils (or green lentils) 1/4 tsp ground cumin 1/4 tsp ground coriander 1/4 tsp chili powder (more or less as you like it!) salt to season	<ul style="list-style-type: none"> Put all ingredients in pan with water to just cover the lentils Simmer until lentils are completely soft and start to break down (approx. 20 mins) Final mix should not be too stiff so add more water if necessary Season with salt 	Calories 96 Protein 5.0 g Carb 14.9 g Fat 1.8 g

<p>Baked Sweet Potato 1 medium sweet potato (120g) - please weigh</p>	<ul style="list-style-type: none"> • Put whole potato in oven gas 5 (200C fan 180C) and bake for approx. 30 mins until soft • Cook in microwave for approx. 10 mins 	<p>Calories 103 Protein 1.9 g Carb 23.6 g Fat 0.1 g</p>
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