

FRIED GREEN BEANS AND SPICY MINCED MEAT WITH RICE

2 persons / 485 kcal per person

Ingredients:

- 130 grams of basmati rice
- 1 tablespoon of mild olive oil
- 200 grams of green beans
- 12½ grams of ginger
- 1 clove of garlic
- 150 grams of lean beef minced meat
- 1 teaspoon of ground cumin
- 35 grams of tomato paste
- 1 teaspoon of sambal oelek
- 50 ml of water
- salt



Preparation:

Cook the rice according to the directions on the package. Meanwhile, heat the oil in a large frying pan and stir-fry the green beans for 10-12 minutes on medium heat until al dente. Peel and grate the ginger. Finely chop the garlic. Heat a frying pan without oil or butter and fry the minced meat for 4-5 minutes. Add the ginger, garlic and cumin and fry for another 2 minutes. Add the tomato paste, sambal and water and fry for another 5 minutes. Season everything with salt. Serve the rice with the minced meat and the fried green beans.

Nutritional value per person:

Energy:	585 kcal
Protein:	22.4 grams
Carbohydrates:	61.6 grams
- including sugars:	3.6 grams
Fat:	16.7 grams
Fiber:	6.1 grams
Salt:	0.8 grams