

FOO YONG HAI WITH STIR-FRIED VEGETABLES AND RICE



2 persons / <600 kcal per person

Ingredients:

- 130 grams of rice
- 100 grams of shiitakes
- 1 red bell pepper
- 100 grams sugar snaps
- 2 eggs
- 2 tablespoons olive oil
- ½ contents of omelet mix and sauce mix 'Conimex mix for Foo Yong Hai'
- 1 clove of garlic
- 50 grams bean sprouts
- pepper and salt

Preparation:

Cook the rice according to the directions on the package. Cut the shiitakes into quarters. Clean the sugar snaps, cut the bell pepper into strips and finely chop the garlic. Beat the eggs with half of the Conimex omelet mix and 3 tablespoons cold water with a whisk until smooth. Heat 1 tbsp olive oil in a frying pan and fry the egg mixture for about 3 minutes. Turn the omelet and cook the other side for another 1 minute (omelet is for 2 people). Heat 1 tbsp olive oil. Stir fry the shiitakes, the bell pepper, the sugar snap peas and the garlic for about 2 minutes. Mix 125 ml water and the ½ content of the Conimex sauce mix. Add the sauce to

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the vegetables. Bring this to the boil while stirring. Add the bean sprouts and heat it briefly. Serve the omelet on a warm plate and add the stir-fried vegetables and rice.

Nutritional value per person:

Energy: < 600 kcal