

# EGGS WITH GREEN BEANS AND TOMATOES IN CURRY SAUCE

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2 persons / 575 kcal per portion

## Ingredients

- 130 grams basmati rice
- 2 medium eggs
- 1 clove of garlic
- 3 vine tomatoes
- ½ tablespoon oil
- 200 grams green beans
- 150 grams curry sauce
- 7 grams fresh coriander
- 10 grams pine nuts
- salt



## Preparation:

Cook the rice according to package directions. Meanwhile, boil the eggs almost hard in 7 minute, peel and halve them. Cook the green beans until al dente for 10 minutes. Heat a skillet without oil and roast the pine nuts for until golden brown, let cool on kitchen paper. Meanwhile, Finley chop the garlic and cut tomatoes into wedges. Heat the oil in a frying pan and fry the garlic for 1 minute, add the tomatoes and fry for 2 minutes. Add the green beans and curry sauce and heat over low heat for 3 minutes with the lid on the pan. Meanwhile, cut the coriander coarsely. Divide the rice over deep plates and put half the eggs on each plate. Spoon the curry with the rice. Sprinkle with the coriander and the roasted pine nuts.

## Nutritional value per portion:

Energy:	575 kcal
Protein:	16.8 grams
Carbohydrates:	65.5 grams
- including sugars:	7.3 grams
Fat:	25.8 grams
Fiber:	6.4 grams
Salt:	2.0 grams