

## COMBINING RIGHT RECIPES

### MAINS

#### Carbohydrate

#### **Vegetable Rice with Zucchini – serves 4 (carbohydrates)**

100 g brown rice  
500 g zucchinis  
1 red capsicum  
1 bunch spring onions  
1 Tbsp extra virgin olive oil  
200 ml vegetable broth  
sage to season  
1 bunch dill  
1 bunch parsley  
30 g chopped almonds  
freshly ground black pepper

Cook rice until done. Wash vegetables and cut into strips. Heat oil to medium heat, and stir-fry vegetables for 2 minutes, then add broth and simmer for 15 minutes. Wash and finely chop herbs, roast almonds until light brown and mix with herbs. Mix rice with vegetables and sprinkle with herb mix. Serve.