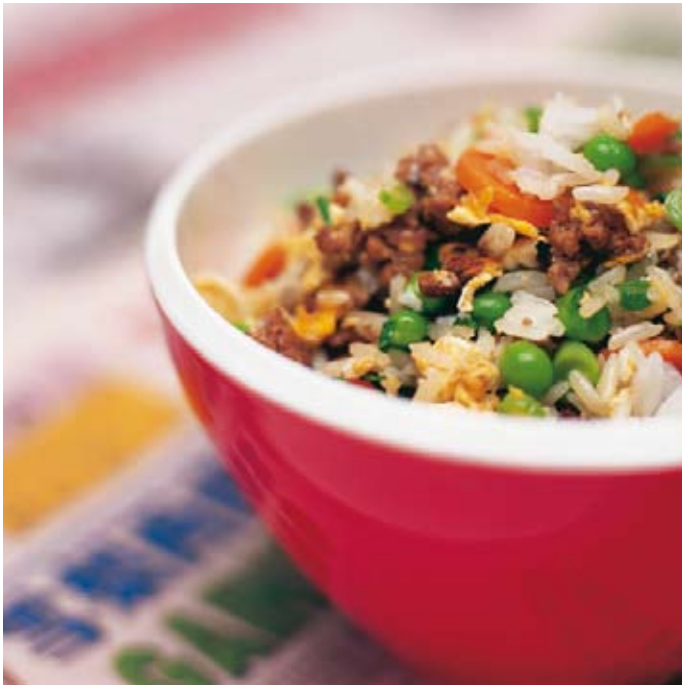


f r i e d r i c e

If your dog is anything like Frodo, watch out for the mess left on the floor!



200g minced lamb or veal

1 egg, lightly beaten

1 carrot

1 handful of green beans

1/4 cup peas, fresh or frozen

1 handful of parsley

1 1/2 cups cooked rice

2 tablespoons olive oil

Roughly chop vegetables or put them - peas excluded - in a food processor and process until fine.

Heat oil in a fry pan and brown minced meat. Add the egg and lightly scramble. Add the vegetables and toss lightly to heat through. Add rice, increase heat and stir to separate the rice grains.

Pour the fried rice into a bowl, allow to cool before serving.

Makes one serve

A little planning goes a long way. It'll help you save money and also means you can buy in bulk.



*This is
Cherry*