

Recipes for the alternative lunch (excluding meat and bean stew):

### **Rice mix**

Ingredients:

*0.5 kg rice*

*10 carrots*

*4 red onions*

*¼ red cabbage*

*½ bundle coriander*

Procedure:

1. Prepare/boil the rice.
2. Boil the carrots until tender and dice in small cubes.
3. Chop red onions, red cabbage and coriander and mix with the rice and carrots.

### **Cabbage salad**

*½ red cabbage*

*3-4 red onions*

*5 green bell peppers*

*3 cucumbers*

*3 avocado*

### **Dressing**

*2 tbsp. oil*

*2 tsp. honey*

*2 cloves garlic*

*1.5 lime juice*

Procedure:

1. Cut red cabbage, red onions, bell peppers and cucumber into cubes and mix in a bowl.
2. Mix the dressing ingredients together and pour over the salad.
3. Dice avocado and mix before serving or use as side dish.

