

Meat fillet with vegetables and mushrooms



Pork meat fillet - 300g, cooked for two minutes on each side in a pre heated pan.

Mushrooms – About a handful. Slice and dice. Add to pan for 1 minute at the end.

Rice – Cooked in a rice cooker.

Salad – Cherry tomatoes x4, red bell pepper cut into small pieces and added to a bowl of rucola.
Add olive oil and balsamic vinegar.

Add pepper and salt to your liking.