

Buckwheat with a chicken

Ingredients

300g of buckwheat

1,5l of broth

400g chicken fillet

3 red peppers

One jar of Chinese sauce



Boil the buckwheat in a broth until it tender. Cut the chicken into cubes and fry on a frying pan. Add chopped red pepper and fry until it soft. Add all components to the pan with buckwheat and pour a Chinese sauce. Cook all for 10-15 minutes.

Nutrition per serving

Kcalories 375 Fat 7,6g Protein 21g Carbs 55,6g

Breadcream with orange and prunes



Ingredients

300g of black bread

200g of prunes

6dl water

1dl sugar

2dl of creams

Juce and peel of one orange

Grind up bread and prunes, add water and sugar and cook on a slow fire until you get a porridge consistence. Add juce and orange peel and continue to cook for 3-5 minutes. Make it cool and whip by mixer. Then add creams and continue whipping. Make it cool thoroughly to taste.

Nutrition per serving

Kcalories 270 Fat 11,1g Protein 3,4g Carbs 38,7g