

## EXERCISE 13 - RECIPES

06/03/2017

MAIN FOOD	TITLE	COOKING TIME	PORTIONS	CALORIES
COD	COD WITH HERBS	50	4	193
TUNA	TUNA BEAN SALAD	12	4	185
RED PEPPER	ROAST VEG SOUP	90	8	150
PASTA	PASTA WITH PESTO SAUCE	30	4	176
BANANA	BANANA ICE-CREAM	10	1	250
EGGS	CHOCOLATE SOUFFLE	30	8	204