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Recipe:
Rice with broccoli and zucchini



Ingridients:
1 x zucchini
1/2 x broccoli
1 x handful of rice

Difficulty:

General description and procedure:

- Wash the rice and boil it in water.
- Peel the zucchini, cut it into rings and cook it together with the broccoli florets in steam or water for half an hour.
- When the vegetables are cooked, mash them with a fork. Then add cooked rice and a teaspoon of olive oil and mix everything well.