











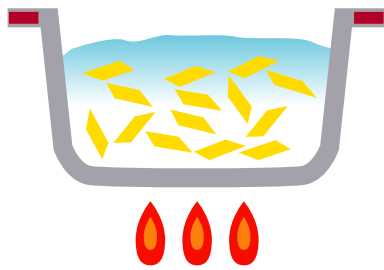
Fresh Veg Penne

Ingredient: 4 people

	Penne	100g		olive oil	1Tbsp		wine vinegar	4Tsp
	Paprika	120g						
	Horsebeans	200g		salt	1Tsp		Black pepper	allittle
	Asparagus	100g						
	Mini Tomato	4						
	Cheese	40g						



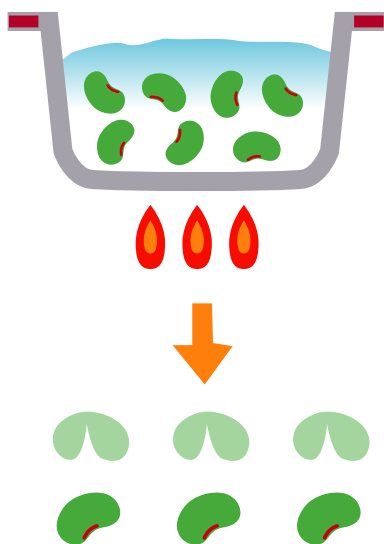
1. Put penne into Hot water



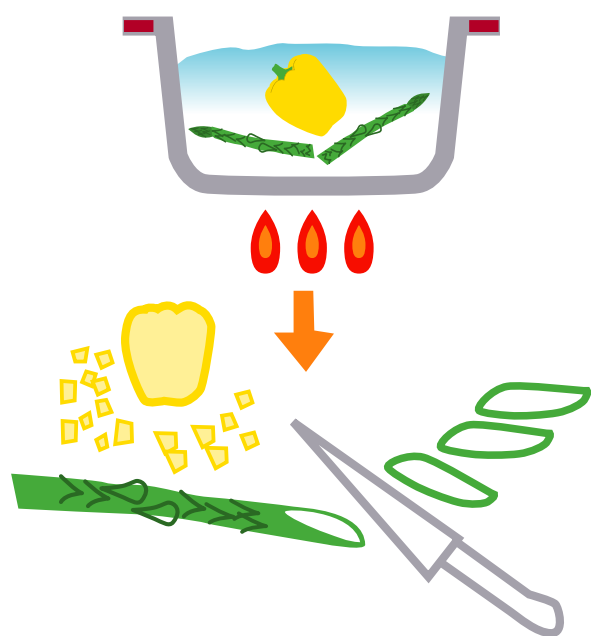
2. Put  in the bowl & Mix



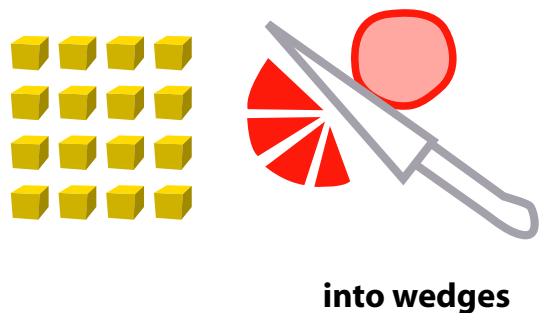
3. Boil  & Take off shell



4. Boil  & Cut



5. Cut  & 



6. Put veges & cheese &



7. Put  into the bowl & Toss



Serve !!

