

Braised Cucumbers (serves 2)

Peel and dice 1-2 big country cucumbers and braise with 1 TblSp of olive oil. After a few minutes, add ketchup and water (1:1) until the cucumbers are covered and let cook for 20 minutes until tender. Season with minced parsley, salt and pepper. Serve with rice or (mashed) potatoes.

Tip: Meat lovers should add roasted minced meat.

Enjoy!