

Onion as the star!

The onion – a tear jerking flavoring you will find in almost every dish. Still, this vegetable has not been in the limelight much on its own. Let's change that!

Ingredients

- 6 sweet onions
- 300gr beef mince
- 200gr white rice
- 50gr tomato purée
- fresh parsley
- thyme
- chili powder
- cumin
- paprika powder
- garlic powder
- pepper
- salt

1. Soak the rice in a bowl of cold water and subsequently boil the rice according to package instructions. Cook the mince until fully browned.
2. Cut the bottom and top off the sweet onions and boil them for 10 minutes. Let the onions cool down and remove the outer three layers so you can fill them at a later moment.
3. Cut the core of two onions into a fine dice. Mix this with the rice, the mince and the tomato purée. Season this mixture with chili powder, cumin, paprika powder, thyme, pepper and salt. Cut the parsley very fine and add this to the mixture. Now you can start filling the onions with the mixture you have made.
4. Add a knob of butter to an oven proof pan and cook the onions until they get a golden-brown exterior. Next, fill the pan with a small layer of water so the onions do not burn. Put the pan in a preheated oven for 20 minutes at 200°C.



Soothing toilet thoughts

Meditating is a bit wishy washy... or isn't it? Meditating can be very useful and practical. Did you know that the favorite place for employees to meditate is – you'll never guess – on the toilet! So, off to the toilet you go and make sure to have at least 3 minutes of undisturbed time for yourself. That should work! But how do you proceed from there?

1. Close your eyes. Which thoughts are going through your head? Take around 1 minute to contemplate this.
2. Afterwards, take 1 minute to focus on your breathing. You do not have to breath faster or slower. Just be conscious of the process.
3. Stay aware of your breathing, but also of your body. Perhaps you feel some pain in your neck? Take a deep breath. This might ease the feeling you have. Take another minute to continue this process.

Et voila! You meditated for three minutes. Amazing how efficient you can be on the toilet!

Looking for thrills?

Action and relaxation might seem like opposites. However, in this word search puzzle they go hand in hand. Can you find all the words?

O	A	D	F	N	S	G	U	S	G	D	E
K	S	P	O	R	T	F	A	R	R	W	K
O	M	W	J	B	I	C	Y	C	L	E	I
T	E	A	M	D	E	E	P	S	T	Y	B
E	R	U	T	A	N	U	E	S	S	E	N
H	N	B	I	H	L	L	E	E	U	H	I
D	B	V	Q	E	T	R	H	S	W	E	A
Z	R	Y	X	T	O	T	B	B	A	L	T
Y	S	M	O	F	O	G	M	P	T	M	N
R	H	B	B	L	S	J	N	M	E	E	U
Y	T	D	C	G	X	R	G	T	R	T	O
P	Y	E	C	K	S	G	F	P	H	J	M

BICYCLE
FOREST
TEAM
NATURE
BOTTLE
HELMET

SPEED
WATER
CLOTHES
MOUNTAINBIKE
SPORT



Acrobatic tricks

Using these yoga positions will make you flexible with your body and at work. And the beautiful thing is that you don't need anything to do it. Try these four positions for yourself.

1. Mountain pose - *Improves your posture (1 min.)*
Stand straight with your arms stretched along your body.
2. Downward dog - *Stretches your muscles and increases energy (3 min.)*
Stand on your hands and feet, Stretch your legs and raise your buttocks until a triangle is formed.
3. Fetal position - *Calms the brain and increases energy (1 min.)*
Sit on your knees and bend your body forwards with your head down and hands in front of you.
4. Warrior pose - *Strengthens your back and stretches the muscles (1 min.)*
Bend one knee and extend your other leg behind you. Turn your body 90 degrees but keep facing forwards. Keep your arms straight and spread out.

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