



Stir Fried Cavolo Nero with Pancetta & Peppers

Serves 4

Preparation time: 10 minutes

Cooking time: 10 minutes

- 200g cavolo nero, shredded
- 140g pack diced pancetta
- 1 red pepper, diced
- 1 red onion, diced
- 410g tin cannellini beans, drained and rinsed
- 2 tbsp balsamic vinegar

Method:

Steam the cavolo nero for 5 minutes, meanwhile, fry the pancetta, pepper, onion and beans in a large frying pan for 3 minutes. Add the cavolo nero and balsamic vinegar and season to taste.

Stir fry for 2-3 minutes and serve with your favourite meat.

Nutritional information:

- 226kcal
- 14g protein
- 9.5g fat (of which 3g saturated fat)
- 21g carbohydrate (of which 6.5g sugars)
- 1.1g salt
- 6g fibre