



Creamy Shredded Cavolo Nero with Mustard

Serves: 4

Preparation time: 5 minutes

Cooking time: 12 minutes

- 300g Cavolo Nero, shredded
- 1 tbsp oil
- 1 onion, sliced
- 142ml carton double cream
- 1 tbsp wholegrain mustard

Method:

Boil the Cavolo Nero for 6–8 minutes until tender, drain.

Meanwhile, heat the oil in a large frying pan and fry the onion for 4–5 minutes. Add the cream and mustard. Stir in the Cavolo Nero and heat through, season to taste.

Tip: Add a pinch of saffron to the cream to give extra flavour and colour. Ideal served with roast chicken, beef or cooked sausages.

Nutritional information:

- 235cals
- 2.5g protein
- 22g fat (of which 12g saturated)
- 6g carbohydrate (of which 5g sugar)
- 2.5g fibre
- 0.2g salt