



Kale Bubble & Squeak with chorizo

Serves: 4

Preparation time: 10 minute

Cooking time: 12-15 minutes

- 800g floury potatoes, diced
- 200g Kale, chopped
- 225g pack Chorizo de Pueblo, diced
- 2 leeks, sliced (275g)

Method:

Boil the potatoes and Kale for 10-12 minutes until tender, drain.

Meanwhile, fry the chorizo and leeks for 7-8 minutes. Add the potatoes and Kale and fry for 1-2 minutes. Crush lightly with a potato masher and season to taste.

Tip: For a vegetarian option, replace the chorizo with a tin of kidney beans and use 1 tbsp oil to fry the leeks.

Nutritional information:

- 351kcal
- 18g protein
- 15g fat (of which 10g saturated)
- 38g carbohydrate (of which 4g sugar)
- 6g fibre
- 2.6g salt