



Kale Nicoise

Serves: 4

Preparation time: 10 minutes

Cooking time: 7-8 minutes

- 200g Kale, chopped
- 200g green beans, trimmed
- 3 medium eggs
- 200g pack marinated roasted peppers, sliced
- 410g can cannellini beans, drained and rinsed
- 2 tbsp French dressing (30ml)
- 50g pitted black olives

Method:

Cook the Kale in boiling water for 5 minutes, adding the beans for the last 2-3 minutes. Drain.

Meanwhile, soft boil the eggs for 5 minutes and cool under cold water.

Fry the peppers with the oil with the Kale and green beans for 1-2 minutes. Cool slightly before stirring in the cannellini beans and dressing.

Serve topped with quartered eggs and olives.

Tip: Replace the cannellini beans with sweetcorn and sprinkle over some shredded ham.

Nutritional information:

- 266kcal
- 14g protein
- 12g fat (of which 2.5g saturated)
- 26g carbohydrate (of which 14g sugar)
- 8.5g fibre
- 1.4g salt