



Pasta with kale, chilli & tomato

Serves: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

- 300g pasta shapes
- 200g Kale, chopped
- 1 tbsp olive oil
- 1 onion, chopped (175g)
- 250g smoked back bacon, chopped
- 1-2 tsp mild chilli powder
- 400g can chopped tomatoes with herbs

Method:

In separate pans, boil the pasta and Kale for 10 minutes. Drain.

Meanwhile, heat the oil in a frying pan and fry the onion, bacon and chilli powder for 5 minutes. Add the tomatoes and cook for 1-2 minutes.

Stir in the Kale and pasta and season to taste.

Tip: Great served with freshly grated parmesan and a sprinkling of chopped parsley.

Nutritional information:

- 470kcal
- 22g protein
- 16g fat (of which 5g saturated)
- 64g carbohydrate (of which 8g sugar)
- 5.5g fibre
- 2.5g salt