



Garlicky Greens with Bacon and Hazelnuts

Special Sides 20 Minutes • 1 of your 5 a day

2A



Garlic Clove



Hazelnut



Bacon Lardons



Cavolo Nero

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Large Frying Pan, Spatula, Bowl.

Ingredients

	Quantity
Garlic Clove	2
Hazelnut 2)	25g
Bacon Lardons**	90g
Cavolo Nero**	200g
Water*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	163g	100g
Energy (kJ/kcal)	984 /235	606 /145
Fat (g)	19	11
Sat. Fat (g)	4	2
Carbohydrate (g)	5	3
Sugars (g)	2	1
Protein (g)	13	8
Salt (g)	1.24	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Toast the Nuts

a) Peel and grate the **garlic** (or use a garlic press). Roughly chop the **hazelnuts**.

b) Heat a large frying pan over medium heat (no oil) Once hot, add the **hazelnuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

c) Once toasted, remove from the pan to a bowl and set aside.

Fry the Bacon

a) Pop your pan back on medium-high heat with a drizzle of **oil**.

b) Add the **bacon lardons**, stir-fry until golden, 4-5 mins.

c) Once the **bacon** is browned, remove to the bowl with the **hazelnuts** and set aside. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

Fry the Cavolo Nero

a) Pop the now empty pan back on medium heat.

b) Add the **cavolo nero** to the pan, along with the **garlic** and the **water** (see ingredients for amount). **TIP:** Remove any tough stalks from the cavolo nero.

c) Season with **salt** and **pepper**. Stir together, then cover with a lid. Cook until tender, 4-6 mins. Stir twice in this time.

d) Once the **cavolo nero** is cooked, add the **bacon** and **hazelnuts** to the pan. Mix together, then serve in a large bowl.

Enjoy!