



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BROCCOLI & BACON

Time: 30 minutes

Serves: 4

Ingredients:

8 strips bacon – cut into 1” squares
1 onion – chopped
2 cloves garlic – finely chopped or crushed
8 cups broccoli florets – cut to bite-size
¼ cup dry red wine
2 tablespoons coarse mustard
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
4 tablespoons Parmesan cheese – finely grated

Preparation:

Heat a large cast pan on medium heat and add the bacon, stirring occasionally for five minutes.

Add the onion and garlic, stirring occasionally for another ten minutes.

Pour the wine into the pan, add the broccoli and cover immediately. Reduce the heat to medium low and simmer covered for five minutes.

Remove the lid, then stir in the mustard, salt and pepper.

Serve immediately topped with the Parmesan.

Nutritional Information Per Serving:

Calories: 211
Fat: 11g
Carbs: 15g
Fibre: 5g
Protein: 15g