



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GARLIC RAPINI

Time: 20 minutes

Serves: 4

Ingredients:

3000g water

20g salt

300g rapini (broccoli raab) – 5cm slices – thick stalks discarded

30g extra-virgin olive oil

5g garlic - finely chopped or grated

Zest of ½ an orange

Preparation:

Place the water and salt in a large pot and bring to a boil over high heat.

Add the rapini and return to a boil. Boil for only one minute and strain discarding water.

Place the oil and garlic in a sauté pan over medium heat.

When the garlic begins to sizzle, stir in the rapini, tossing often for one minute.

Remove from heat and serve topped with orange zest.

Nutritional Information Per Serving:

Calories: 76

Fat: 7g

Carbs: 2g

Fibre: 2g

Protein: 2g