

BROCCOLI RABE & SAUSAGE

Time: 30 minutes

Serves: 4

Ingredients:

400g Italian sausage meat
4 cloves garlic - finely chopped
0.5g red chili flakes
4 Roma tomatoes - seeded and diced
400g broccoli rabe - cut into 2cm pieces
100g dry red wine

Preparation:

Place a large frying pan on medium heat and add the sausage. Cook, breaking apart until browned.

Stir in the garlic and chili flakes. Cook for one minute.

Add the tomatoes and cook, stirring occasionally for three minutes.

Stir in the wine and broccoli rabe. Cook stirring occasionally for seven minutes.

Serve immediately.

Nutritional Information Per Serving:

Calories: 324
Fat: 22g
Carbs: 9g
Fibre: 3g
Protein: 18g