

CELERY & ALMONDS

Time: 15 minutes

Serves: 4

Ingredients:

30ml virgin coconut oil
4 cloves garlic - finely chopped
50g sliced almonds
1 head celery including leaves - bias cut
3g kosher salt
1 pinch fresh ground black pepper

Preparation:

Preheat a wok on high.

Add the oil.

When it just begins to smoke, add the garlic and almonds. Stir fry for thirty seconds.

Add the celery, salt and pepper. Stir fry for five minutes.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 166
Fat: 14g
Carbs: 9g
Fibre: 5g
Protein: 4g