



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SHRIMP & GREENS

Time: 15 minutes

Serves: 4

Ingredients:

2 thick slices bacon - cut into matchsticks
300g raw shrimp - peeled and deveined
1 clove garlic - finely chopped
200g assorted greens such as baby kale, chard or spinach
2 pinches kosher salt
5ml chili oil

Preparation:

Place a frying pan on medium-sized heat. Once hot, add the bacon, stirring occasionally until browned. Remove the bacon with a slotted spoon and set aside.

Turn the heat to high. Add the shrimp, garlic and one pinch of salt, stirring often until the shrimp is opaque. Remove and set aside with the bacon.

Add the greens and remaining salt. Stir occasionally until the greens are just wilted. Remove from heat.

Plate the greens topped with the shrimp and bacon, drizzled with the chili oil. Serve immediately.

Nutritional Information Per Serving:

Calories: 151
Fat: 7g
Carbs: 3g
Fibre: 1g
Protein: 21g