

CABBAGE & GUANCIALE

Time: 25 minutes

Serves: 4

Ingredients:

15ml extra-virgin olive oil
160g guanciale - thinly sliced
1 large yellow onion - sliced
10g garlic - finely chopped
2g fresh rosemary - finely chopped
400g napa cabbage - sliced
15ml red wine vinegar
3g kosher salt
Few grinds black pepper

Preparation:

Preheat a large frying pan on medium heat.

Add the olive oil and guanciale, stirring often until the guanciale is lightly browned.

Stir in the onion, garlic and rosemary, stirring occasionally until the onion begins to brown (about seven minutes).

Add the cabbage, vinegar, salt and pepper, tossing occasionally for five minutes.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 223
Fat: 19g
Carbs: 3g
Fibre: 1g
Protein: 10g