



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PEAS & PANCETTA

Time: 20 minutes

Serves: 4

Ingredients:

160g pancetta - 1cm dice
1 yellow onion - small dice
400g fresh or previously frozen green peas
1g kosher salt
2g fresh mint - finely chopped (optional)

Preparation:

Place a frying pan on medium heat and add the pancetta. Stir occasionally until lightly browned.

Add the onion and cook, stirring occasionally until the onion is softened (approximately five minutes).

Add the peas and salt, stirring occasionally for three minutes.

Remove from heat, stir in the mint and serve immediately.

Nutritional Information Per Serving:

Calories: 247
Fat: 13g
Carbs: 19g
Fibre: 6g
Protein: 11g