

KALE, PORK & CAHSEWS

Time: 20 minutes

Serves: 2

Ingredients:

40g raw cashews
400g lean ground pork
1 bunch kale leaves - roughly torn
4g salt
1g fresh ground black pepper
1g crushed red chilli

Preparation:

Place a frying pan on medium-high heat.

Add the cashews, stirring occasionally until lightly browned.

Add the pork, stirring and breaking apart until browned.

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

Add the chilli flakes. Toss and serve immediately.

Nutritional Information Per Serving:

Calories: 296
Fat: 16g
Carbs: 10g
Fibre: 2g
Protein: 29g