

CHILLI GARLIC PEANUTS

Time: 10 minutes

Serves: 6

Ingredients:

3 cloves garlic
3 small red chilli peppers - seeded
20ml avocado or other cold-pressed neutral-flavoured oil
200g raw or blanched peanuts
8g finely ground sea salt

Preparation:

Finely chop the garlic and chilli pepper together. Set aside.

Place the oil in a wok or large frying pan on high heat.

When the oil just begins to smoke, add the peanuts and stir fry for two minutes.

Add the garlic and chilli, stir frying for another two minutes.

Remove from heat, sprinkle
On the salt and stir to spread evenly.

Serve warm or cold.

Nutritional Information Per Serving:

Calories: 222
Fat: 20g
Carbs: 5g
Fibre: 3g
Protein: 9g