

CHICKPEA SPAGHETTI

Time: 20 minutes

Serves: 4

Ingredients:

200g pancetta - small dice

100g onion - diced

3 cloves garlic - chopped

150g kale - chopped (previously frozen is fine)

0.5g fresh ground black pepper

227g package chickpea spaghetti - cooked al dente in water salted at 10g per litre – drained

Preparation:

Place a large frying pan on medium heat. Add the pancetta, stirring occasionally until lightly browned (approximately five minutes). Remove the pancetta with a slotted spoon and set aside.

Add the onion and garlic to the pan, stirring often until the onions are softened (approximately three minutes).

Add the kale and pepper, stirring often for three minutes.

Return the pancetta to the pan along with the spaghetti. Toss often until warmed through (about two minutes).

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 411

Fat: 19g

Carbs: 41g

Fibre: 6g

Protein: 19g