

BLISTERED OLIVES

Time: 20 minutes

Serves: 4

Ingredients:

500ml container large unstuffed olives
20g extra-virgin olive oil
2 cloves garlic - finely chopped
1g crushed red pepper flakes (optional)

Preparation:

Drain olives and pat dry with paper towel.

Preheat a sauté pan on medium heat.

Add the olive oil.

When the oil is hot, add the olives, stirring occasionally until blistered (approximately five minutes).

Add the garlic, stirring occasionally for one minute.

Stir in the pepper flakes.

Remove from heat and serve.

Nutritional Information Per Serving:

Calories: 188	Hand-Size Portion Guide
Fat: 20g	Palms of Protein: 0
Carbs: 1g	Fists of Vegetables: 0
Fibre: 3g	Cupped Hands of Carbs: 0
Protein: 1g	Thumbs of fat: 2