

Courgette and Spinach Sauté

Recipe recommended by Rebecca Szczypka
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	143kj	2%
Energy (kcal)	34kcal	2%
Fat	1.5g	2%
<i>of which saturates</i>	0.2g	1%
Carbohydrate	2.4g	1%
<i>of which sugars</i>	2g	2%
Fibre	1.4g	6%
Protein	1.8g	4%
Salt	0.03g	1%

Generated by Nutritics v5.61

INGREDIENTS: (Serves 4, 34kcal per 100g serving)

- ½ a red onion - sliced
- 1 medium courgette – sliced lengthways and then into half moons
- 10 cherry tomatoes – halved
- 200g spinach
- 1 tbsp Olive oil
- ½ tsp Chili flakes (optional)
- Handful of fresh parsley – chopped (optional)
- Salt and pepper to season

Notes:

Will keep for up to a 3-5 days in the fridge or can be frozen.
Try as: an omelette filling, with wholegrain pasta, or add to brown rice or noodles for a stir-fry

METHOD:

1. Heat a medium sized pan on a low/medium heat.
2. Add ½ the olive oil and the onions. Cook until soft and translucent.
3. Add the courgette and tomatoes and season with some salt and pepper. Cook for a further 5 minutes – until the tomatoes start to break down.
4. Lastly, add the spinach and toss through till wilted. Add chili flakes and parsley as desired. Set the pan aside and start on the omelette.
5. If not using immediately, store in the fridge for 3-5 days in an air-tight container.

ALLERGENS



MODIFY

You can add any variety of seasonal vegetables, fresh herbs and spices

Try - Mixed peppers, fennel, kale, mushrooms, mint, lemon zest, coriander

CREDIT

Recipe and photo by:
Rebeca Szczypka

