

Broccolini with pancetta & almonds



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Preparation 10 mins | Cooking 15 mins | Serves 4 as a side dish

1 tbs olive oil
2 bunches broccolini
¼ cup slivered almonds
75g thinly sliced pancetta, chopped
2 garlic cloves, finely chopped
1 tbs extra-virgin olive oil
Lemon wedges, to serve

STEP 1 Half fill a large frying pan with water and bring to the boil over high heat. Add broccolini, cover and cook for 2 minutes until vibrant and almost tender. Drain and aside. Wipe pan dry with paper towel.

STEP 2 Heat olive oil in the frying pan over medium heat. Add almonds and cook, tossing often, until golden. Transfer almonds to a plate. Add pancetta and cook, tossing often, for 2-3 minutes until pancetta is crisp. Add garlic and broccolini and cook, tossing, over medium-high heat for 2-3 minutes until hot. Toss through almonds and extra-virgin olive oil. Season with salt and pepper to taste and serve with lemon wedges.

Good for you... **BROCCOLINI**

An excellent source of vitamin C, one of the vitamins that contributes to the body's immune function. A good source of beta carotene, which the body converts to vitamin A. This vitamin is necessary for the structure and function of our skin and also for normal vision. Provides folate, one the B vitamins needed for normal blood as well as growth and development in children. A good source of dietary fibre, which is important for maintaining the function of the intestine.

