

STIR-FRY SPINACH IN SPANISH STYLE

2 persons / 560 kcal per portion

Ingredients:

- 2 tablespoons olive oil
- ½ bowl Catalan bratwurst (270 g)
- ½ (red) onion
- 1 garlic cloves
- ½ teaspoon of paprika
- 260 grams chickpeas (drained weight)
- 60 grams green olives (drained weight)
- 400 grams fresh spinach
- pepper and salt



Preparation:

Cut the onion in half rings. Finely chop the garlic. Rinse and drain the chickpeas. Cut the sausages into 3 parts. Heat 1 tablespoon of oil in a frying pan and fry the sausage browned and cooked for 10-12 minutes. Meanwhile, heat 1 tablespoon of oil in a wok. Fry the onion with garlic and paprika for 1 minute. Add the chickpeas and olives and fry for 2 minutes. Add the spinach in parts and let it shrink scooping. Season with salt and pepper. Divide the stir-fried spinach and the sausage between 2 plates.

Nutritional value per portion:

Energy:	560 kcal
Protein:	27.8 grams
Carbohydrates:	22.8 grams
- including sugars:	1.8 grams
Fat:	35.7 grams
Fiber:	14.4 grams
Salt:	1.5 grams