THE LIGHTER PLATE METHOD

Kale, Tomato & White Bean Skillet

Savoury beans and blistered tomatoes with kale crisping at the edges of the pan.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**10 min**	**15 min**	**2**	**EASY**

Ingredients

- 400 g tin cannellini beans (drained and rinsed)
- 150 g kale (stems removed and torn)
- 200 g cherry tomatoes
- 2 cloves garlic (sliced)
- 0.5 tsp chilli flakes
- 2 tbsp olive oil

Method

1. Heat the oil in a large frying pan over a medium-high heat. Add the tomatoes and cook for 4 minutes, until the skins blister and split.
2. Add the garlic and chilli flakes and cook for 1 minute.
3. Stir in the kale with 2 tbsp water, cover loosely and cook for 3 minutes until wilted but still bright.
4. Add the beans, crush a few against the side of the pan to thicken things, and warm through for 2 minutes. Season generously.

Tips & swaps

- Crushing a handful of the beans is what turns this from a pile of ingredients into something saucy. Good on toast, or under a fried egg.

Storage & reheating

Keeps for 2 days in the fridge; reheat gently in a pan.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
250	**12g**	**30g**	**10g**	**11g**

Estimated values, for guidance only.