

SUCCATASH

INGREDIENTS

325G TIN OF SWEETCORN
400G TIN OF BUTTER BEANS
1 RED PEPPER
1 ECHALLION SHALLOT
1 LEMON
BUNCH OF PARSLEY

HOW TO MAKE

1. DRAIN THE BUTTER BEAN & SWEETCORN
2. CHOP THE SHALLOT, PEPPER AND PARSLEY
3. COMBINE AND MIX ALL THE INGREDIENTS
4. ADD SALT, PEPPER AND SQUEEZE LEMON OVER AND MIX AGAIN

USE AS A SIDE FOR THE PROTEIN OF YOUR CHOICE

SERVINGS 4

NUTRITIONAL INFO

CALORIES 181 KCAL | FAT 1.6G | CARBS 20G | PROTEIN 7.6

