

**PANDA EXPRESS SUPER GREENS**

Excellent addition to any meal!

 5 minutes 20 minutes 3 portions**INGREDIENTS**

- 2 tbsps of butter, without salt [28 g]
- 1 clove of garlic, raw [3 g]
- 1 tsp of spices, ginger, ground [2 g]
- 1 tsp of spices, pepper, red or cayenne [2 g]
- 1 cup chopped of broccoli, raw [91 g]
- 1 cup, chopped of cabbage, raw [89 g]
- 1 cup of kale, raw [21 g]

COOKING METHOD

- 1° Put a piece of butter, chopped garlic, ground ginger, and crushed red pepper in a pan. When the butter has melted, fry the garlic for no more than one minute. Then add soy sauce and water. Cook another 30 seconds. Add broccoli, green cabbage, and kale. Mix with sauce, cover, and cook over medium heat for 3-4 minutes. After 3-4 minutes, the broccoli will still be crispy, but not too soft. It should be so. Mix again with the sauce and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [79 g]	% DRI
ENERGY	119 kcal	93 kcal	5 %
FAT	10 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	6 g	5 g	24 %
CHOLESTEROL	26 mg	20 mg	7 %
SODIUM	26 mg	21 mg	1 %
CARBOHYDRATE	7 g	5 g	2 %
SUGARS	2 g	2 g	—
FIBER	3 g	2 g	8 %
PROTEIN	2 g	2 g	—