

Kale fabulous Kale!

One of the most versatile and nutritious vegetables. Mega easy and super-fast to prepare ☺
Kale is very high in Beta Carotene- good for the eyes; Vit. K -important for blood clotting and bones;
Vit. C -one of the most powerful anti-oxidants and is rich in calcium (bones). It also contains
Potassium, Folate and many other vitamins and minerals. It has some proteins & fibre too.



Sautéed Kale

Ingredients;

80-100g package of prepared Kale

¼ small diced onion,

1 small chilli or dash of chilli flakes

1 clove of chopped or pressed garlic

1tbsp. of rapeseed or canola oil...

50-100ml of water or stock

Seasoning

Fry the onion and chilli until onion starts to golden, but not burn. Add kale and stir. Once kale starts to shrink add a bit of water or stock and garlic, salt if needed then stir, cover and simmer for 10mins. Once cooked the excess of fluid can be discharged if preferred. To make more complete and nutrient dense meal, top it up with 2 diced hard boiled eggs or as shown in the picture, stir in sundried tomatoes, some grain and cooked mung bean.