

RECIPE

Sauteed Kale with Garlic Breadcrumbs

Ingredients

- 1 bunch of kale
- Brown onion (diced)
- Garlic
- 1 long red chilli
- 500ml chicken stock
- A glass of white wine
- Breadcrumbs
- Butter
- Olive oil
- Salt
- Pepper



Method

1. Dice up your onions, garlic and chilli and add them to a pan with some olive oil on medium heat.
2. Shred your bunch of kale and slice it thinner as you get closer to the base. Once it's all sliced, add it to your pan.
3. To stop the onions and garlic from overcooking, pour in a glass of white wine. Be sure to cook off the alcohol.
4. Now pour in your stock and let the kale braise for about 10-15 mins.
5. In a separate pan, heat up olive oil and then add your breadcrumbs and fry them until they turn golden.
6. With a microplane, grate 2-3 cloves of garlic and add them to the breadcrumbs. Continue cooking until the mixture is golden and crispy.
7. Serve the kale in a bowl and top with the garlic bread crumb.