

Chorizo and Curly Kale Soup

VITACRESS™

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Cooking time: 20 minutes
Serves 2-3

Ingredients:

120g baby leaf curly kale
100g chorizo, chopped
1 large potato, cubed
1 onion, finely chopped
1 garlic clove, crushed
250ml water
1 tbsp olive oil
Salt & pepper



Method:

Heat olive oil in a large deep pan, add the garlic, onion and potato. Fry gently for 2-3 minutes.

Add 250ml water, cover and simmer vigorously on a medium heat for 15 minutes or until potato is soft. Crush the potatoes with the back of a fork.

Add the baby leaf curly kale and cook through until kale is wilted and soft. Season and serve.