

Rosemary, Chilli and Garlic Infused Curly Kale

VITACRESS™

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Love your body™*

Cooking time: 15 minutes
Serves 4

Ingredients:

240g baby leaf curly kale
3 tbsp olive oil
1 large onion, sliced
2 sprigs of rosemary, finely
chopped
1 red chilli, de-seeded and finely
sliced
3 garlic cloves, crushed
Salt & pepper



Method:

Heat the olive oil in a wok, then add the onion and fry gently until light brown.

Add the rosemary, chilli and garlic and fry for 2-3 minutes.

Place the baby leaf curly kale into the wok carefully and season. Cover with a tight fitting lid, reduce the heat to its minimum and leave to cook gently for about 5 minutes until the kale is wilted and soft. Stir half way through cooking time. Season to taste and serve.