

Marinated Kale, chilli & pine nuts

(Serves 2)

Ingredients

- 2 tbsps Oil, Olive, napolini
- 1/4 tsp Coriander, dried, ground
- 1/2 Lemon, juice of
- 1 inch Ginger, fresh, finely chopped
- 2 Garlic cloves, crushed separately
- 1/2 Chilli, green, fresh, deseeded & chopped
- 1/4 tsp Cumin, ground
- 1/2 tbsp Honey, clear
- 160g Kale, diced
- 1 tbsp Pine nuts
- 1 Chilli, fresh red, deseeded & chopped
- 100g Onions, red, diced
- 1 medium Pepper, red, deseeded & chopped
- 1 Lemon, juice of

Preparation

1. Mix 1 tbsp of the olive oil, coriander, juice of 1/2 lemon, ginger, 1 of the garlic cloves, 1/2 green chilli, cumin & honey in a large dish.
2. Using your finger tips, gently massage the mix into the kale. This helps to soften the kale.
3. Cover & leave to marinate for 10-30 minutes.
4. Heat the other 1 tbsp olive oil in a frying pan.
5. Add pine nuts. Cook gently until nicely toasted. Remove & set aside.
6. Add red chilli, the remaining garlic clove, onion & pepper to pan & cook for 3-4 minutes.
7. Add juice of 1 lemon.
8. Toss in the marinated kale & pine nuts. Heat through. Serve.

TOP TIP: Marinating the kale helps not only to soften it, but also to take away the bitterness, which means that it doesn't need to be cooked for any length of time. This method also helps to preserve its nutritional qualities.

NUTRITIONAL VALUES

PER SERVING

Calories 279

Total Sugars 12.17g

Total Fats 20.26g

Saturated Fats 4.19g

Salt 0.16g

Fruit & Veg 2.7