





# Curly Kale

Kale has dark green or red frilly leaves and a strong earthy taste. It is rich in vitamins C and B6 and is a very good source of dietary fibre but it does need to be cooked.

1 portion = 4 tablespoons cooked Kale

Recipe  
developed by  
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## How to prepare

Kale should be kept refrigerated. To prepare, cut the woody stalks off and wash leaves in cold water. Break into smaller pieces or chop up with a sharp knife.

## How to cook

**Steam:** place the prepared leaves in a steamer, metal colander or sieve over a pan of boiling water and steam for 3–5 minutes or until just wilted.

**Boil:** place leaves in a pan with 2 tablespoons of water, put lid on pan and cook for 2–3 minutes or until just wilted. Drain in a sieve and use a spoon to press out as much liquid as possible before serving. You can use this liquid to make gravy or stock.

**Stir-fry:** heat 1 teaspoon of oil in a frying pan, add the shredded kale, and cook for 2–4 minutes or until tender.



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## Recipe ideas

- Kale can be served as a very simple side dish, chopped and cooked, seasoned with pepper.
- Use kale in soups.
- Add cooked kale to mashed potatoes and other leftover vegetables to make bubble and squeak.
- Stir-fry kale together with sliced mushrooms and ginger and season with soy sauce.

