



Kale with ginger, garlic and chilli

Serves 2 as an accompaniment

Preparation time: 5 minutes

Cooking time: 7 minutes

- 200g kale
- 2cm piece of fresh ginger, peeled
- 4 spring onions, trimmed
- 2 tbsp ground nut oil
- Half a red chilli, deseeded and very finely sliced
- Large clove garlic, peeled and very finely sliced
- Squeeze of fresh lime (optional)

Method:

Place the kale into a large saucepan, cover with water and bring to the boil then simmer for 4 minutes.

Finely chop the ginger and cut the spring onions into lengths - about 3cm - slicing on the diagonal.

Drain the kale really well and heat the oil in a large frying pan or wok. Add the chilli, garlic, ginger and spring onions and cook over a medium heat for 2 minutes - you must not let the garlic go darker than golden in colour.

Add the drained kale into the pan and combine it with the remaining ingredients (apart from the lime). Cook for about 1 1/2 minutes, constantly tossing the kale to heat it through. This will also allow it to take on the flavours of the other ingredients.

Season to taste, add a squeeze of fresh lime and serve immediately.

Alternative suggestion: Leave out the ginger and you have a perfect accompaniment for Italian dishes. If you're eating it with Chinese or Thai food you can add soy sauce to taste.

Nutritional information:

- 140kcal
- 3.5g protein
- 12.5g fat (of which 2.5g saturated)
- 3g carbohydrate (of which 3g sugar)
- 3.5g fibre