

Kale With Chilli and Garlic - Side Dish



Kale is a great source of dietary calcium, which is important for maintaining healthy bone density. Recommended daily intake of calcium for women aged 19-50 years old is 1000 mg/day.

This increases to 1300 mg/day for women over 50.



Ingredients for 2 serves:

- 4 Large kale leaves, shredded/chopped (approximately 220 g)*
- 1 Garlic clove, minced
- Olive oil
- Chilli to taste (either fresh or ½ teaspoon of chilli flakes or paste)
- Salt and pepper to taste
- 1 Cup of red cabbage (thinly sliced) and 1 carrot (julienne) - these are optional and add colour to the dish.

** Large kale leaves have a tough midvein that you can remove before chopping (optional). If you leave this in, it will provide valuable fibre and create more texture, but won't affect the flavour.*

Method:

1. Add 3 cm of water and a drizzle of olive oil into a large pot. You can also add chicken or vegetable stock of your choice for extra flavour.
2. Add the chopped kale and other vegetables (if using). Add the crushed garlic and chilli, and turn the heat to medium high to get the water boiling. The water will steam the kale and evaporate, so keep turning and mixing the kale until it has all steamed through - it will look bright green, wilted and the water will have evaporated. Only add more water if the kale needs to cook further. This will only take 5-10 minutes and the oil will give the kale a nice finish.
3. Add the chilli, salt and pepper, stir to mix then remove the pot from the heat and serve.

This is a quick and easy side dish and can be served alongside grilled fish, chicken or steak and topped with feta cheese. Or for a vegetarian option, you can make this as the base of a meal and add in other vegetables (red capsicum and green beans) with a can of lentils or pulses for protein.



Two large kale leaves (100 g, steamed) contain 307 mg of calcium, which is 30% of the RDI for women under 50 years old.

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