

Kale

Available

All year round.

Buy

Crisp green leaves with firm stalks.

Store

In plastic bags in the refrigerator.



Prepare



Stalk removed.



Roughly chopped.



Sliced.



Stalks chopped for soups and stock.

Cook

Can be:



Smoothie



Soup



Salad



Steamed



Kale, carrot and bean soup

(serves 4)

Ingredients

4-6 kale leaves, stem removed and chopped

1 tablespoon oil

2 carrots, diced

1 leek or onion, sliced

1 head broccoli, chopped

1 ½ litres vegetable stock or water

Pinch salt

Pepper to taste

1 can cannellini or baked beans

Method



1 Panfry the carrot, leeks and broccoli for 2-3 minutes.



2 Add kale and stock and boil gently for five minutes.



3 Add beans and boil gently until steaming hot.



4 Serve in bowls.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes