



Warm Kale Salad

List of ingredients

1 onion, sliced
1 clove garlic, crushed
1 tablespoon oil
2 bunches kale
Juice of ½ a lemon, squeezed
2 tablespoons pumpkin seeds

Optional

Sprinkle of chilli flakes

Feeds 4 people.

How to make the dish

Fry onion, garlic (and chilli if using) with olive oil over a gentle heat until soft - don't let it brown.

Season with salt and pepper. Add chilli flakes if desired.

Add kale to the pan. Toss for 30 seconds then add the lemon juice.

Serve with a generous sprinkle of pumpkin seeds.