

# Kale

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## Recipe Ideas & Inspiration

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## **Have you discovered kale yet?**

Widely hailed as one of the nation's favourite superfoods, kale is now enjoyed by families around the country.

Much of the kale eaten in the UK will have been grown by farmers in kale's home county of Lincolnshire, where the mineral rich soil enables farmers to grow quality kale throughout the UK season.

Here farmers also grow kale's cousin cavolo nero, sometimes known as black kale. Whilst cavolo nero enjoys all the benefits of traditional kale, it has a delicious and rich taste all of its own.

# The Kale Fan Club

Good nutrition is important for both general health and eye health. Our bodies need a wide range of different nutrients to help it grow and repair itself and to protect against infection. Kale is not only a source of many vitamins and minerals including vitamin A, lutein and calcium, but it is also an excellent source of folate, contains fibre and being virtually fat free, is low in calories.

Vitamins A and C are antioxidants and can play an important part in keeping our eyes healthy. Lutein is a carotenoid which is believed to help in the prevention of macular disease, one of the leading causes of sight loss.

Read on for some tasty ways to enjoy kale and cavolo nero.



**You can find more recipes at  
[www.discoverkale.co.uk](http://www.discoverkale.co.uk)**



# Kale Nicoise

## Ingredients:

200g pack sliced kale

200g green beans, trimmed

3 medium hard boiled eggs

200g pack marinated roasted peppers, sliced

410g can cannellini beans, drained and rinsed

2 tbsp French dressing

50g pitted black olives

Prep time: 10 min

Cook time: 8 min

Serves 4

## Method:

Cook the kale in boiling water for 5 minutes, adding the beans for the last 2-3 minutes. Drain. Meanwhile, soft boil the eggs for 5 minutes and cool under cold water.

Fry the peppers with the oil with the kale and green beans for 1-2 minutes. Cool slightly before stirring in the cannelloni beans and dressing.

Serve topped with quartered eggs and olives.

### **Cook's tip:**

Replace the cannellini beans with sweetcorn and sprinkle over some shredded ham.



## Make the most of kale

A bag of kale can be used in so many ways....

- Whizz into your favourite smoothie to give you a morning boost
- Toss into a salad instead of your usual lettuce
- Add a handful to soups or casseroles for extra oomph
- Roast for a tasty healthy snack of kale crisps
- Stir fry for a speedy supper



## Should you need more reasons to discover kale then here is a taster of just some of the goodness in kale...

- Gram for gram kale contains 17 times more vitamin C than carrots.
- 1 portion (80g) of cooked kale contains 120mg of calcium, which makes it a useful source of this important mineral.
- Kale is virtually fat free and low in calories. Four heaped tablespoons (80g) contains only 19kcal and has 2.2g of fibre.
- Kale is rich in lutein – an anti-oxidant which helps keep the eyes healthy.
- A portion (80g) of cooked kale contains 448µg Vitamin A which plays a supporting role in maintaining normal skin and vision, and helps the immune system to function normally.

For more tasty ideas visit:  
**[www.discoverkale.co.uk](http://www.discoverkale.co.uk)**



# Kale Smoothie

## Ingredients:

2 green tea bags

1 tbsp chia seeds

50g kale

1 ripe avocado, peeled, stoned and diced

2 ripe bananas, sliced

1 tbsp honey

Prep time: 5  
minutes

plus cooling

Serves 2

## Method:

Pour 600ml boiling water over the tea bags and steep for 1-2 minutes, remove the bags and add the chia seeds and allow to cool.

Place the kale, avocado, bananas, honey and cold tea with the chia seeds in a liquidizer and blitz until smooth.

Pour into 2 tall glasses and serve.

### **Cook's tip:**

Try camomile tea bags instead of green tea.



# Cavolo Nero Chestnut Stirfry

## Ingredients

1 tbsp oil

1 large onion, sliced

2 x 200g packs cavolo nero, shredded

200g pack chestnuts, roughly chopped

1 tsp ground cinnamon

180g pack low fat cheese

4 tbsp crème fraiche

Prep time: 10 min

Cook time: 10 min

Serves 4

## Method:

Heat the oil in a large frying pan and fry the onion for 2 minutes, add the cavolo nero, cover and cook for 5 minutes.

Add the chestnuts and cinnamon and cook for 1-2 minutes. Stir in the soft cheese and crème fraiche and cook for 1 minute, season.

### **Cook's tip:**

Great served with Christmas turkey as part of the trimmings or as a vegetarian option on its own.



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**Leeks**  
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**Spinach**  
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**Cavolo nero**  
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