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Preparation 15 mins | Cooking 10 mins | Serves 4 as a side dish

- 2 tbs currants
- 2 bunches kale (weighing about 450g\*)
- 2 tbs olive oil
- 2 tbs pine nuts
- 2 garlic cloves, finely chopped
- ¼ cup chicken stock

*\*Kale bunch size varies - you'll require about 225g trimmed leaves*

**STEP 1** Place currants in a teacup, cover with boiling water and stand for 5 minutes. Trim kale, remove large stems and roughly chop leaves. Wash well. Set aside in a colander to drain.

**STEP 2** Heat oil in a medium frying pan over medium heat. Add pine nuts and cook, stirring, for 1-2 minutes until golden. Using a slotted spoon, transfer pine nuts to a plate.

**STEP 3** Add kale and garlic to pan and toss over medium heat for 1-2 minutes until leaves just soften. Add stock, cover and cook for 2 minutes until leaves wilt. Reduce heat to medium-low, add drained currants and simmer for 2-3 minutes until kale is just tender. Toss through pine nuts. Season with salt and pepper and serve.

## Good for you... **KALE**

*Kale is a rich source of vitamins, including C, E, K, folate and beta carotene (converted to vitamin A in the body). 100g of kale has well over two days supply of vitamin C. Kale also supplies a number of minerals, including iron (important for red blood cells), calcium (involved in healthy bones) and potassium. Also provides dietary fibre, important for a healthy intestine.*

