

# Sauteed winter greens



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

- 2 tbs olive oil
- 1 leek, trimmed, halved and thinly sliced
- 3 garlic cloves, finely chopped
- 6 (about 250g) kale leaves, trimmed and leaves roughly torn
- ½ savoy cabbage, trimmed and shredded
- ½ cup vegetable or chicken stock
- ½ cup mixed seeds, toasted, to serve

**STEP 1** Heat oil in large frying pan over medium heat. Add leek and garlic and cook, stirring occasionally, for 8-10 minutes until softened.

**STEP 2** Add kale and cabbage and cook, tossing occasionally, for 3 minutes. Stir in stock. Season with salt and pepper. Cover and cook, tossing often, for 4-5 minutes until kale leaves are tender. Sprinkle with toasted mixed seeds and serve.

## Good for you... *KALE*

*A good source of vitamins, including C and folate (both contribute to normal immune function), E (helps protect cells from damage by free radicals), K (important for normal blood clotting after injury) and beta carotene (converted to vitamin A in the body and necessary for normal vision).*

