



Recipe of the Week

EASY KALE WITH BREADCRUMBS & PARMESAN TOPPING

Ingredients

3 tabs olive oil
1 onion chopped
3 cloves garlic, minced
1 cup breadcrumbs
3 cups kale, washed, dried, and shredded
Pinch of salt

Method

1. Heat the oil on a medium-high heat in a large frying pan and fry onion and garlic until soft (if you want the garlic with a bit of crunch fry separately until slightly brown and crisp).
2. Mix in breadcrumbs, cook and stir until brown.
3. Add a few splashes of water to create steam.
4. Add kale and turn the heat up, cooking until the kale is wilted.
5. Serve hot or warm with parmesan shavings on top.