

KALE & CHORIZO

Time: 25 minutes

Serves: 4

Ingredients:

1 teaspoon wine vinegar
1 tablespoon flat-leaf parsley – finely chopped
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
¼ teaspoon paprika
2 tablespoons extra-virgin olive oil
8 stalks kale – washed and not dried
10 ounces lean semi-dry chorizo – four pieces butterflied to make eight
1 large onion – peeled and cut into ¼” slices

Preparation:

Preheat your barbecue grill on medium.

In a small bowl, combine the vinegar, parsley, salt, pepper and paprika then slowly whisk in the olive oil. Set this aside.

Place the kale, chorizo and onion slices on the grill. Grill for five minutes with the lid open then turn all of the items to cook the other side for an additional five minutes. Watch the kale carefully as it may need to come off the grill sooner. The difference between the crispy edges we want and burned beyond recognition can be only seconds. Remove everything from the grill.

Slice along the entire length of the kale stalks and discard them, keeping only the leafy portions. Plate the kale then the chorizo and top with the onion slices. Drizzle with the dressing and serve immediately.

Nutritional Information Per Serving:

Calories: 321
Fat: 18g
Carbs: 14g
Fibre: 2g
Protein: 20g