



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# CHILI KALE

**Time: 15 minutes**

**Serves: 4**

### **Ingredients:**

30ml extra virgin olive or coconut oil  
1 onion - diced  
3 cloves garlic - finely chopped  
160g kale - roughly torn - thick stalks discarded  
2g kosher salt  
5ml fresh lemon juice  
1 red Thai chili - thinly sliced

### **Preparation:**

Place a frying pan on medium heat.

Add the olive oil. When the oil is hot, add the onion and garlic, stirring occasionally for five minutes.

Add the kale and salt, tossing occasionally for five minutes.

Remove from heat, drizzle with lemon juice, toss and top with chili.

### **Nutritional Information Per Serving:**

Calories: 96  
Fat: 8g  
Carbs: 7g  
Fibre: 1g  
Protein: 2g