



Valentine Warner's Fried Kale with Sesame and Garlic



The hardest and most vitamin-packed of all the late-year greens, kale is powerful stuff, and I'm surprised Popeye stuck with spinach. Full of minerals and with a good irony tang, it has real taste, but is better eaten younger as big leaves can be obstinate in the mouth. This is good with roast chicken and goose.

What you need

Serves 3

- 1 large hand-gathering of kale leaves
- 2 tablespoons sesame seeds
- olive oil
- 3 garlic cloves, peeled and finely sliced
- large-flaked sea salt and black pepper
- a squeeze of lemon juice

Directions

- Wash the kale well, expelling any small creatures, grit and other undesirables. Chop it into 1cm wide ribbons, discarding any stems that appear stringy.
- In a frying pan, toast the sesame seeds until golden, stirring often to prevent them from burning. Turn up the heat and add 2 tablespoons of olive oil to the pan before throwing in the kale, which will spit and crackle frantically. Stir it around, occasionally flicking in some water to keep the moisture content up.
- After about 2 minutes the kale will have collapsed. Now throw in the garlic. Keep everything moving around for another 3 minutes, until the garlic is just beginning to brown. Transfer to a plate and sprinkle with a little salt and pepper and a squeeze of lemon juice.



*Recipe taken from **What to Eat Now** by Valentine Warner published by Mitchell Beazley (see octopus-books.com)*

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