**Kale Gratin with Ricotta and Parmesan Cheese**

**Ingredients:**

1 large bunch Kale, stems removed, washed

500ml vegetable stock

1 onion chopped

180g long grain rice

1 table spoon fresh thyme or sage, chopped

125g ricotta

50g parmesan cheese, finely grated

¼ tea spoon nutmeg

Salt and pepper

5 slices stale bread, made into bread crumbs

1 table spoon olive oil

**What to do:**

1. Boil stock together with the onion and add the rice and thyme.
2. Reduce heat to low, cover the pot and simmer the rice until tender- about 15mins.
3. Preheat oven to 200c.
4. Cook the kale in a large saucepan with a lid until it wilts- 3 or 4mins. (the water clinging to the leaves provides enough moisture and steam to cook the kale)
5. Drain kale and coarsely chop it.
6. Combine the kale with the rice, ricotta, half the parmesan, nutmeg, salt and pepper.
7. Arrange the mixture in a greased baking dish.
8. Sprinkle kale with bread crumbs and remaining parmesan cheese. Drizzle with olive oil over the top.
9. Bake for 30mins, juices should be bubbling and crust golden brown.