

# BRAISED KALE & POTATOES WITH CHILLI & GARLIC

From our garden: potatoes, kale

## NOTES TO STUDENTS and VOLUNTEER:

1. Read this recipe first so you understand how to prepare the ingredients.
2. Focus on your knife skills.

### EQUIPMENT

Measuring spoons  
Measuring cups  
Kitchen scales  
Large saucepan  
Colander  
Fork  
Chopping board  
Large knife  
Large frypan  
Wooden spoon  
Serving platters and serving spoons

### INGREDIENTS

- 750g potatoes
- 2 tablespoons olive oil, plus extra to serve
- 1 clove garlic
- ½ teaspoon chilli flakes
- Big bunch kale
- ½ cup vegetable stock

### WHAT TO DO

- Scrub and wash the potatoes to remove all the dirt. Cut the larger potatoes in half. Place the potatoes in a large saucepan, add cold water to just cover the potatoes and bring to the boil and cook for 8 to 10 minutes or until the potatoes are just tender when tested with a fork. Drain. Return to the saucepan. Use a fork and roughly break the potatoes.
- Peel and finely slice the garlic.
- Wash and roughly chop the kale.
- Heat the olive oil in a frying pan over medium-high heat. Add the onions and cook, stirring, for 3 minutes or until softened. Add the garlic and chilli flakes and cook, stirring, for 1 minute.
- Add the kale and potatoes and stir to combine all the ingredients.
- Pour in the vegetable stock, bring to the boil, cover and cook for 8 – 10 minutes.
- Serve with a drizzle of extra virgin olive oil.