

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.

