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.