

GREEN VEGGIES STEAM-FRY

SERVES 6 / PREPARE 15 MINS / COOK 10 MINS

Ingredients

- 2 Cloves garlic
- 200g Cavolo Nero
- 200g Kale
- 200g Savoy Cabbage
- 2-3 tbsp Rapeseed Oil
- 1 Medium chilli (optional)

Instructions

Wash all the green veggies and drain them but don't dry them completely. You want some water clinging to those leaves. Remove the stalks from both the kale and the cavolo nero and shred the cabbage. Mince the garlic cloves or chop small.

Now heat the rapeseed oil in a pan with a tight-fitting lid and once hot (but not smoky) add the garlic, and chilli, stirring continuously for a minute so they don't burn. Add the veggies and continue to fry for another 2 minutes. Add a splash more oil if needed.

Now, finish cooking your veggies with steam. Add the olives and a splash of water and clamp the lid on your pan. Check after a minute or so and add a bit more water while stirring the veg. Repeat this a couple more times until the veg are tender but still firm.

Garnish with some coriander and some chopped chillies (optional) and serve.

LEFTOVER DISH Add leftover chicken to the veggies at the same time as the olives and give it another good stir.



Nutrifacts



Kale, Cavolo Nero and Cabbage are high in FIBRE that helps intestinal health & transit

Kale and Cavolo Nero contain VITAMIN C that supports the immune system and β CAROTENE a powerful antioxidant. Our bodies can produce VITAMIN A from β CAROTENE to support vision, healthy skin and mucosal membranes.

Additionally, **Kale and Cavolo Nero** boast high levels of Lutein and Zeaxanthin to protect our eyes.

Cabbage is high in VITAMIN C and antioxidants compounds called glucosinolates that research shows may help to prevent some cancers.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.