

STEAMED KALE, PISTACHIO PISTOU

EQUIPMENT

FOOD PROCESSOR, CHEF KNIFE, SPOONS

INGREDIENTS

½ BUNCH OF PURPLE KALE, ½ BUNCH GREEN KALE, 1 GREEN JALAPENO CHILLI,
3 CLOVES GARLIC, 70GM UNSALTED PISTACHIO NUTS, 30 LEAVES OF PARSLEY, 60GM EXTRA VIRGIN OLIVE OIL, SALT

METHOD

BRIEFLY WASH THE KALE UNDER COLD RUNNING WATER AND SHAKE DRY. PULL THE KALE LEAVES AWAY FROM THE STALK AND TEAR THE LEAVES INTO BITE SIZE PIECES AND PLACE ON A PERFORATED TRAY.

IN THE BOWL OF A FOOD PROCESSOR PLACE ROUGHLY CHOPPED GARLIC, CHILLI AND PISTACHIO NUTS AND BLEND FOR 1 MINUTE.

SEASON THE KALE LEAVES AND PLACE INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 5 MINUTES

ADD THE PARSLEY LEAVES TO THE PISTACHIO NUTS WITH THE EVOO AND SEASONING AND BLEND UNTIL YOU ACHIEVE A PESTO LIKE FINISH.

ONCE THE KALE IS COOKED REMOVE IT FROM THE OVEN AND PLACE IT IN A LARGE SERVING BOWL OR PLATTER, SPOON OVER THE PISTACHIO MIX AND SERVE AS A WARM SALAD WITH SOME CHICKEN OR STEAMED FISH.

HINTS & TIPS

- KALE IS THE LATEST “SUPER FOOD” BUT CAN BE QUITE BORING AND BLAND. THE ADDITION OF SOME NUTS, GARLIC AND GOOD QUALITY EXTRA VIRGIN OLIVE OIL PROVIDE A GOOD TEXTURAL AND FLAVOR BASE TO WHAT COULD BE CONSIDERED A DULL VEGETABLE
- KALE CAN ALSO BE QUITE VERSATILE IT MATCHES WELL WITH FISH, LAMB, BEEF, PORK OR POULTRY