

Baked Kale

Ingredients

Baked Kale

2 bunches kale destalked and well washed

4 spring onions white and green finely chopped

½ tsp salt

Cracked pepper

2 tbsp olive oil

2 blood oranges sliced thinly

¼ cup toasted pepitas

Method

1. Either thinly chop or roughly chop the kale. Place the kale and spring onion in a baking tray and sprinkle on the salt and pepper.
2. Add the oil and mix the kale through with a spoon.
3. Place in an oven for 10 minutes then mix through the kale so the bottom bits come to the top and cook for a further 10 minutes or until as tender as you like kale cooked.

Serve with the orange slices and sprinkle on the pepitas.



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