

Curried Greens

Ingredients:

- 2 Tbsp coconut oil
- 2 medium shallot (sliced)
- 3 cloves garlic* (minced)
- 1 tsp minced ginger
- 1 large bundle greens (kale, collard, chard, spinach) - large stems removed. Chop the leaves.
- 2 tsp curry powder
- 1 tsp sugar
- ½ tsp salt
- 1/2 cup coconut milk (or sub vegetable broth or water)

Instructions

1. Heat a large metal or cast iron skillet over medium heat. Once hot, add coconut oil, shallot, garlic and ginger. Sauté for 2-4 minutes, or until shallot is tender and fragrant.
2. Add greens, curry powder, sugar, and a big pinch of salt. Stir to combine and reduce heat slightly to medium-low. Cook for 2 minutes, stirring occasionally.
3. Add the coconut milk. Stir to combine and cover once more to steam for 2-4 minutes, or until kale appears tender.
4. Taste and adjust flavor as needed, adding more salt, sugar or curry powder to taste

The story behind this recipe. This is a great side for any meal, but particularly for Indian dishes