

savory kale with anchovies

Makes 2-4 servings

RECIPE ADAPTED FROM:
High Flavor Low Labor by J.M. Hirsch

COOK TIME: 10 minutes

1 large bunch of kale
1-2 Tbsp extra virgin olive oil
4 olive oil packed anchovies
2 cloves of garlic, minced
¼ – ½ tsp red pepper flakes
grated zest of 1 lemon
¼ cup parmesan cheese
sea salt and pepper, to taste

WASH and roughly chop or tear kale.

HEAT olive oil in a large saucepan or deep skillet over medium heat.

ADD anchovies, garlic, and red pepper flakes when hot.

SAUTE until anchovies break down and form a paste, this takes just a few minutes.

ADD kale, cover and reduce heat to medium. You can add up to ¼ cup of water if it gets too dry. Cook about 8 minutes or until kale is tender.

ADD lemon zest and parmesan cheese. T

TASTE and add salt and pepper, as needed.

