

#SecretIngredient

Kale

Brassica oleracea

Did you know?
During World War II kale cultivation was part of the Dig for Victory campaign in the UK, because kale is easy to grow and provides vital nutrients.

About

Kale, also known as borecole, is a cruciferous vegetable. Like broccoli, cauliflower, and collards, kale is a descendent of wild cabbage, which is thought to have originated in Asia Minor and to have been brought to Europe around 600 BCE by the Celts.

The name originates from the Dutch *boerenkool* (farmer's cabbage) and is related to Danish, Swedish and

Norwegian *kål*, German *Kohl* and Scottish Gaelic *càl* or *kail*. The leaf colours range from light green to dark green and violet-green to violet-brown.

And because kale can grow into the coldest months, one variety is called 'Hungry Gap', named after the time in traditional agriculture when little else could be harvested.

Health

Kale is a great anti-inflammatory food because it contains omega-3 fatty acids, which help fight arthritis, asthma and autoimmune disorders. Per calorie, kale has more calcium than milk. Calcium aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Kale is also extremely high in vitamin K, which can help fight cancer.*

130g of kale, boiled without salt, typically provides*:

Vitamin K	Vitamin A	Vitamin C	Dietary fibre	Calcium	Omega-3
1328% DV	354% DV	89% DV	10% DV	9% DV	134mg
May help fight cancer	Important for eyes and skin	Promotes a healthy immune system	Important for the digestive system	Promotes healthy bones	Anti-inflammatory properties

DV = Daily Value
* Based on a 2,000 calorie per day diet. Source: nutritiondata.self.com
†Source: mindbodygreen.com

“This Mediterranean classic is quick, delicious and packed with vitamins and minerals.”

Did you know?
Jersey kale, *Brassica oleracea longata*, can grow up to 6.1m (20 ft) in height. The stems used to be used for walking sticks*.

*Prendergast, Hew D. V.; Rumball, Naomi (2000). "Walking Sticks as Seed Savers: The Case of the Jersey Kale"

Useful Tips

Choosing

Look for kale with firm, deeply coloured leaves that are free from signs of browning, yellowing and small holes. Smaller leaves are more tender and have a milder flavour.

Storage

Kale will keep for 5 days in the fridge. The longer it is stored, the bitterer its flavour becomes. Do not wash kale before storing because this encourages spoilage.

Preparation

It is important to soak kale in cold water to remove all traces of dirt. Chop leaves and stems into smaller pieces for quick and even cooking.

Cooking

Kale freezes well and tastes sweeter after exposure to frost. For maximum health benefits and flavour, steaming is the best way to cook your kale. Tender kale greens can also provide a tasty addition to salads or soups and can even be baked to make crisps.



Steam
5 mins



Soup
55 mins



Bake
10-15 mins

Kale & Sardine Spaghetti

Ingredients

- 200g/7oz kale - chopped
- 2 x 120g/4¼oz tin of Sardines in olive oil
- 300g/10½oz spaghetti
- 1 chopped onion
- Pinch of salt and black pepper
- 1 fine chopped garlic clove
- ½ table spoon chilli flakes
- The juice of one lemon

Recipe adapted from BBC.co.uk

Serves 4 — Difficulty: Easy

1. Cook the spaghetti in a large saucepan of boiling salted water
2. If you have induction this will be very quick so you can wait until the spaghetti is close to your preferred taste - otherwise heat a large frying pan over a medium heat at the same time you set the spaghetti to cook.
3. Add one tablespoon of the oil from the sardine tin and, once hot, add the onion and a pinch of salt. Fry gently until soft and golden-brown. Once soft, add the garlic and chilli flakes and cook for a further two minutes.
4. Break the sardines into bite-sized pieces, discarding any large bones. Add them to the onions together with the remaining oil from the tin. Heat through, then add the kale with 3-4 tablespoons of the spaghetti cooking water. Stir to mix well then cover the frying pan with a lid or foil and cook for 3-4 minutes.
5. Remove the lid and stir until the kale is completely soft
6. Drain the spaghetti, reserving a little of the cooking water.
7. Add the spaghetti to the sauce in the frying pan. Squeeze in the lemon juice and mix through to coat the spaghetti (you may need to add a little of the cooking water to loosen your sauce). Taste and season with salt and black pepper. Serve immediately