

Coconut Braised Kale (or Collard Greens)

Ingredients:

2 small bu. Kale, stemmed and chopped
¼ tsp. sea salt
2 tbsp. coconut oil
1 small yellow onion
¾ c. coconut milk
½ tsp. (Thai Kitchen Brand) red or green curry paste
opt: a few shakes of fish sauce or coconut aminos
salt, and fresh cracked pepper

Method:

Bring steamer or large pot of salted water to a boil. Add greens and cook for 2 minutes. Drain well and set aside.

Heat oil in a large skillet over medium heat. Add onions and stir until translucent. Add curry paste, reserved kale and coconut. Stir well and simmer until tender, about 5 minutes. Season with salt and pepper and serve.