



THE WEDNESDAY CHEF

Meera Sodha's Tuscan Kale Saag

Adapted from [East](#)

Serves 2

Note: This recipe is easily doubled.

One bunch Tuscan kale (about 250 grams), ribs discarded, leaves roughly chopped

Rapeseed oil

1 onion, finely chopped

Thumb-sized knob of ginger, peeled and grated

2 cloves of garlic, crushed

1 green chile, optional, finely chopped

Half a can of chopped tomatoes or about 3 fresh tomatoes, chopped

1 teaspoon ground coriander

1 teaspoon ground cumin

1/4 teaspoon ground turmeric

1 teaspoon salt

1/2 teaspoon brown rice syrup

Half a can of coconut milk

1. On a medium flame, heat 1 tablespoon of vegetable oil in a pan or pot with a lid and add the onions. Cook for 8 to 10 minutes over a medium flame, until soft and sweet.

2. Add the ginger, garlic and chile, if using. Cook for a few minutes, then add the tomatoes. Cook, stirring occasionally, until thick, about 5 to 8 minutes. Add the coriander, cumin, turmeric, salt and brown rice syrup and stir well.

3. Add the kale to the pan and stir to wilt. Add the coconut milk, stir, then cover. Cook over low heat for 15 to 20 minutes. If the saag seems dry, add a tablespoon or two of water.

4. When the kale is tender, use an immersion blender to roughly blend the mixture. Serve as a side dish or with rice as a main course.