

SAUTED GARLICKY POTATOES & KALE

Prep Time 10 minutes

Cook Time 15 minutes

INGREDIANTS

2 tbsp olive oil oil/ ghee/ any oil of your choice

6-8 cloves garlic chopped

2-3 green chillies long slit (optional)

2 medium potatoes cut in cubes

2 cups kale chopped

salt to taste

1 tsp turmeric powder

1/2 tsp chilli powder / paprika



INSTRUCTIONS

Heat oil

Add chopped garlic cloves & saute for a minute

Add slit green chillies and fry for a minute

Add potato cubes and mix well. Cover and cook slowly for 7 or 8 minutes until potatoes are half done.

Add chopped kale, salt, turmeric and chilli powder. Mix well. Cover and cook for another 7 or 8 minutes until potatoes are done.

Uncover and cook on high for 2 minutes to get any water from the steam to dry and the veggies are cooked nicely.

Serve hot with rice.