

Here's another side dish rich in beta carotene! William serves this regularly in the winter when the fresh vegetables available Below are not as varied as in the summer. Devin makes sure a crate of broccoli and kale are delivered every other week at least, November to April.

## FRIED BROCCOLI AND KALE WITH GARLIC, CUMIN, AND LIME

Blanch the broccoli and kale ahead of time, even a few hours early. Once partially cooked, it's ready for the final fry before serving. Doing this prep means the dish is ready in less than 10 minutes at supper time. From *Simple* by Yotam Ottolenghi.

### **serves 6 as a side:**

1 large head of broccoli cut into 1 1/2" florets

12 oz Kale, tough stems discarded and leaves torn into pieces

3 tbsp olive oil

3 garlic cloves, thinly sliced

1/2 tsp cumin seeds

2 tsp Urfa chile flakes -or - 1 tsp crushed red pepper flakes

salt

1/2 cup mint leaves roughly chopped

1 tbsp lime juice

1. Fill a saucepan with salted water and bring to a boil. Add the broccoli and blanch for 90 seconds. Remove with a slotted spoon and refresh in a bowl of cold water, then remove, drain, and dry the broccoli well.
2. Keep the water boiling and blanch the kale for 30 seconds, then drain and refresh under cold water. Squeeze out as much water from the kale as you can with a clean kitchen towel and set aside.
3. Put the oil in a large sauté pan and place over high heat. Add the garlic and cumin and fry for about 2 minutes until the garlic is a light golden brown. Remove with a slotted spoon and set aside. Add the kale to the pan and fry for 3 - 4 minutes until the leaves start to crisp. (It might sputter! Watch out!) Add the broccoli to the pan, 1 tsp chile flakes, and 1/4 tsp salt. Stir through one minute, then transfer to a large plate. Mix in the mint and drizzle with the lime juice. Sprinkle the remaining 1 tsp chile flakes and the crisp garlic on top and serve.

NOTE: Urfa Biber chile flakes are the Turkish cousin to Aleppo pepper. Mild and fruity and a little smoky tasting. A great finishing pepper. Chipotle or cayenne are good substitutes.