

Broccoli and Kale Stir Fry

Ingredients

1 Tbsp. coconut oil
2 large garlic cloves
1 tsp. red pepper flakes, or to taste
1 medium head of broccoli
5 stalks kale
1 cans of chickpeas, rinsed and drained
5 sun-dried tomatoes (packed in oil)
1 grind salt
1 grind black pepper
¼ cup water
Juice of 1 lime or lemon
Small handful of parsley
Small handful of cilantro

Method

1. Mince garlic.
2. Remove stalk and chop broccoli head into bite size pieces.
3. Strip kale leaves from stem and slice into small pieces
4. Heat coconut oil in a large frypan over medium-high heat.
5. Add garlic and red pepper flakes and cook for a few seconds until sizzling.
6. Add broccoli and kale and toss in the garlic chili oil.
7. Cook for 4-5 minutes, stirring occasionally.
8. Blot sun-dried tomatoes with paper towel to remove excess oil and slice.
9. Reduce heat to medium.
10. Stir in chickpeas, sun-dried tomatoes, salt and pepper
11. Add water and cover immediately (before covering, if the pan still looks dry after adding water, add another splash).
12. Steam for 5 minutes, or until broccoli is crisp-tender and kale is wilted to your liking.
13. Chop the parsley and cilantro
14. Stir in lime/lemon juice, parsley, cilantro salt and pepper
15. Serve with rice