

# Kale Rice

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## Ingredients

4 to 6 Cups of cooked brown rice  
1 Bunch Kale  
1 Large onion  
300 grams mushrooms  
(white or crimini)  
¼ Cup Olive oil  
½ Tsp chilli flakes  
1 Tsp salt  
1 Cup chopped roasted walnuts (optional)



**Wash kale leaves.** Discard tough leaf stalks and main vein of leaves. Chop leaves. Wash mushrooms. Pat dry and slice. Chop onions.

**In a deep pan,** heat olive oil gently. Add onions, sauté for a few minutes until the onion slices turn translucent. Do not brown the onions.

**Add sliced mushrooms,** salt and chilli flakes. Sauté until the mushrooms are well done.

**Turn up the heat,** add chopped kale.

**Put the lid on the pan.** Cook on high heat for a couple of minutes. Kale leaves will wilt under high heat.

**Wilted kale leaves.**

**Reduce heat and add rice.** Stir the rice in with kale, mushrooms, etc. Cover the pan and let cook at low heat for about 10 minutes. Stir in chopped walnuts. Cook for a minute or two.



**Kale rice.**

**Serve hot with** your favorite meat dish or an omelet. Grilled fish, chicken wings, or ground lamb with cabbage go well with kale rice.



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