

CREAMY POLENTA WITH SAUTÉED KALE



INGREDIENTS

- 1 onion, diced
- 3 garlic cloves, sliced
- 1 bunch Coles kale, sliced
- 1/2 tsp chilli flakes
- 1/2 cup vegetable stock
- 1 tbs butter
- extra virgin olive oil
- sea salt
- 500 g polenta
- 5 cups Coles milk
- 2 garlic cloves
- 4 bay leaves
- 1/2 tsp nut meg
- 2 tbs butter
- 2 tbs parmesan cheese
- sea salt
- toasted pine nuts to garnish

There's no doubt that a creamy mash is a fine accompaniment to a good stew or argue, but what about a creamy polenta!?

METHOD

- In a frypan over a medium heat add a drizzle of olive oil and the onion, fry off until it begins to soften. Add in the garlic, chilli flakes and a pinch of salt, cook until softened and toasted. Add in the kale and fry off until it starts to colour. Add in the chicken stock and cook down until the kale is tender, add the butter and cook out for a couple more minutes. Remove from heat and keep warm.
- In a large saucepan combine the milk, garlic, bay, nut mag and a pinch of salt. Bring the liquid up to the simmer, pour the polenta into the pot of milk and stir. Cook gently until the polenta is hydrated and soft. Add in the butter and cheese, stir into the polenta until combined.
- Serve the polenta in a bowl topped with the kale and s sprinkle of toasted pine nuts.

