



## MIGHTY CAVOLO NERO WITH GARLIC & SAGE



MINUTES TO PREPARE  
5



MINUTES TO COOK  
25



SERVES  
4 as a main or  
6 as a side

### INGREDIENTS

**100g Puy lentils**  
**100g quinoa**  
**100g basmati rice**  
**1 litre of boiling water or stock**  
**1 teaspoon of vegetable bouillon**  
**1 tablespoon rapeseed oil**  
**300g cavolo nero**, pull leaves off stalks and discard stalks.  
Wash and roughly chop leaves  
**100g frozen peas**  
**160g sugar snap peas**, roughly chopped  
**1 tablespoon rapeseed oil**  
**10 sage leaves**, thinly sliced  
**4 cloves of garlic**, peeled and finely sliced  
**A good pinch of Maldon sea salt**

You will need a fine sieve, a saucepan and a large frying pan

### LET'S GET COOKING

- 1 Place the lentils, rice and quinoa in a fine sieve and rinse well under cold water to release their starch.
- 2 Next, place them in a small pan with a teaspoon of vegetable bouillon and 1 litre of boiled water.
- 3 Bring to the boil, place a lid on, turn down the heat to a simmer and cook for 20 minutes or until the Puy lentils are tender with a little bite to them. Drain any excess water, place the lid back on and leave to rest on the side.
- 4 Meanwhile, heat the rapeseed oil in a large frying pan over a high heat. Add the garlic and sage and cook for 1 minute. Add the cavolo nero and turn down the heat.
- 5 Saute for 10 minutes over a medium to low heat. Stir in the sugarsnap peas and peas and cook for 1 minute.
- 6 Finally add the lentils, rice and quinoa in carefully to the vegetables. Use a fork to fluff it up as you pour it in and get rid of any lumps. Give the whole dish a really good stir with a spatula or wooden spoon.
- 7 Taste and adjust the salt or pepper as necessary. Enjoy on it's own with a dollop of Greek yoghurt or serve alongside the aubergine and chickpeas with lime and coriander, courgette tzatziki and roasted pork.

*"Sage is an easy herb to grow. It's robust and produces leaves all year around. It works well with garlic and releases beautiful aromas when fried in butter or oil. It helps relieve digestion and when you have a cold, pop 5 leaves into a teapot of boiling water with a teaspoon of honey, 5 cloves, a knob of fresh ginger and a cinnamon stick for a delicious homemade remedy."*