

Sautéed Kale and Spinach

Serve with Bella's Coriander Lemon Chicken and North Indian Tomato Sauce

1 teaspoon cumin seed
2 shallots, finely sliced
1 tablespoon butter
1 tablespoon olive oil

Salt
Black pepper
2 cups spinach, washed and drained
2 cups kale, washed and trimmed

In a large saucepan, combine butter and olive oil on medium heat.

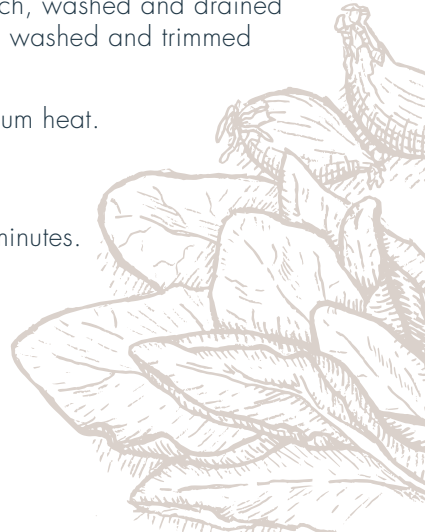
Add cumin seeds, stirring for 1 minute.

Add Kale, making sure not to crowd pan. Sautéing for 8 minutes.

Add Spinach, sautéing for another 3-5 minutes.

Final product should be liquid free, vibrant green mix of hearty greens.

Season to taste.





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RECIPES BY CHEF BELLA SANGAR

