

Chinese Style Kale with Poached Eggs on Toast

I harvested some of the kale growing in my garden for this. I used 6 black Tuscan kale leaves, but curly kale would work just as well.

Serves 1

A good handful of kale, sliced

1 tsp oil

1 spring onion, sliced

2 tsp tarragon, chopped

2 tsp soya sauce

2 medium eggs

Drizzle sweet chilli sauce

1 tsp sesame oil

1 slice sourdough bread

Pinch of paprika (optional)



1. Heat the oil in a small frying pan, add the kale, sliced spring onion and tarragon. Stir fry for a few moments until the kale begins to wilt. Add the soya sauce, simmer until the kale is tender and the vegetable juices have evaporated. Remove from the heat, stir through the sesame oil and keep warm.
2. Poach the eggs and toast the bread.
3. Finish the dish by covering the toast with the sesame kale mixture. Top with the poached eggs, drizzle with a little sweet chilli sauce and sprinkle over some paprika to finish the garnish.

Hints, Tips and Adaptations

Gluten free if using gluten free bread, dairy free.

Use roasted red peppers, cabbage or tomatoes instead of kale