

# Edward Kemp Community Garden and Growing Area

## Curly Kale Omelette Home Grown Supper

This is the basic recipe, use your imagination; try a pinch of turmeric, use fresh chilli, add your favourite cheese, bell peppers, leftover potato, or a grating of parmesan to finish the dish.

Eggs  
Seasoning to taste  
Onion, Chopped  
Chilli powder or dried chilli flakes  
1 clove garlic  
Kale, washed and dried  
Oil/non-stick spray or butter if feeling wicked



### Salad Dressing

3 tbs. Olive Oil  
1 tbs. White Wine Vinegar  
Crushed Garlic cloves  
Tsp. Dijon or Wholegrain Mustard  
Place all ingredients in jar and shake

Beat eggs in a bowl. Add seasoning, chilli powder or flakes (if using) to the beaten egg.  
Set aside. Chop onions and garlic.

Heat the oil/butter in a non-stick pan.

When oil is hot, add onion to pan and cook until softened, not caramelized. Add garlic and cook until soft. (don't burn the garlic)

In the meantime, chop kale into small pieces, making sure to remove the thick, woody part of the stem, add to the pan and cook until leaves are slightly wilted and colour darkens slightly.

Pour the beaten egg over the kale, onion and garlic mixture and stir, making sure the egg covers the bottom of the pan.

Cook to taste making sure you don't overcook the eggs.

Roll the omelette as you remove it from the pan.

Make a basic salad with lettuce – salad leaves are great – tomatoes and onion; drizzle the dressing over the salad.

Any remaining dressing will keep for a while in the fridge.

Thanks to Maureen Chadwick (trainee beekeeping volunteer) for providing the recipe!