

Toasted kale with apples and Jerusalem artichokes

Serves: 8-10 persons

6-8 stems of fresh kale
3-4 apples
500 g Jerusalem artichokes (approx.)
Lemon juice and zest
100 g whole almonds (approx.)
Honey
Ginger
A little oil for frying
Salt and pepper

In the kitchen

- Wash the kale thoroughly and cut into pieces of the desired size.
- Peel the Jerusalem artichokes and cut into small pieces.
- Cut the apples into pieces the same size as the Jerusalem artichokes.
- The almonds can be chopped coarsely if wished.
- Mix the lemon juice, zest, honey and grated ginger together in a bowl.
- Keep the vegetables separate before cooking in the wok on the grill.

At the grill

- Get the wok nice and hot.
- Put the almonds in the wok and toast until crispy. Do not allow them to burn or they will taste bitter.
- Add a little oil.
- Then add the Jerusalem artichokes and cook for approx. 5 minutes.
- Stir in the kale and apples and fry for 3-4 minutes.
- Finally, add the lemon, honey and ginger mixture and stir together.
- Remember to season with salt and pepper.
- Do not fry for too long or the kale will go brown and limp. The vegetables should have a little bite.