

Kale with Smoky Chickpeas

Serves 3 to 4

Kale

- 2 Tbsp vegetable oil
- 2 garlic cloves, thinly sliced
- 8 cups finely chopped kale, about 1 bunch
- kosher salt, about ½ tsp
- ¼ tsp dried chili flakes, more if you prefer a spicier version
- 1-2 tsp freshly squeezed lemon juice

Smoky Chickpeas

- 1 tsp smoke flavour, optional
- 2 Tbsp + 2 tsp soy sauce
- 2 tsp Worcestershire sauce
- 3 tsp sesame oil
- 1 Tbsp + 1 tsp white wine vinegar
- 2 tsp maple syrup
- 1 tsp hot smoked paprika
- 1 tsp hot sauce, such as Sriracha
- 1 can (796 / 28 fl oz) cooked chickpeas, drained and patted dry with a paper towel
- 1 Tbsp vegetable oil

Smoky Chickpeas

In a small bowl, whisk together all but the chickpeas and vegetable oil.

Heat the vegetable oil in a large skillet over medium-high heat, add the chickpeas and fry until golden, shaking the pan to prevent burning. Add the smoky liquid mixture, reduce the heat and cook until no liquid remains. Cover to keep warm.

Kale

Heat the vegetable oil in a large skillet over medium heat. Add the garlic and cook just until aromatic and starts to colour. They burn quickly, so watch carefully. Remove the garlic and about 1 Tbsp oil and set aside.

Increase the heat to medium-high and add the kale, in batches, being mindful that any water on the kale will sputter. Turn the kale with tongs to prevent it from burning and season with a pinch of kosher salt. Once the kale has reduced, add the next batch with another pinch of salt, until all the kale is added. Add the reserved garlic oil as necessary to prevent the kale from sticking to the pan.

Add the dried chili flakes, cooked garlic, a squeeze of lemon juice and mix to combine. Taste and season with additional salt if desired.

To Serve

Place the kale in a bowl and top with the smoky chickpeas. Serve warm or at room temperature.