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SAUTEED KALE WITH GARLIC AND CHILI (STIR FRY KALE RECIPE ASIAN STYLE)



No more Boring Kale, this Sauteed Kale Recipe is full of flavor, made from Garlic and a few spices.

This Stir Fry Kale is Inspired by one of Indonesian also (Malaysia and Singapore) most beloved vegetable dish, called “Cah Kangkung”. It is very easy to prepare and taste soooo good, everyone should try!



If you don't like spicy, you don't need to add chili.

Eat as it or pair it with grilled fish, check here!

HOW TO COOK KALE GARLIC AND CHILI WITH VIDEO TUTORIAL

Ingredients:

- 1 bag of Kale
- 2 tablespoon olive oil or vegetable oil
- 3 Garlic,
- ½ Medium Onion (chopped)
- ¼ - ½ cup water/chicken stock
- 1 teaspoon salt (To taste)
- ½ teaspoon pepper
- ½ teaspoon sugar
- 3 Thinly sliced fresh Thai red chilies (optional)
- 1 Tbsp Oyster Sauce
- 1 tsp Mushroom Seasoning or Umami powder (optional)



METHOD:

1. Prepare the ingredients by wash the kale well in cold water to make sure it's very clean.

2. Chop the onion, garlic and chili pepper.
3. In a large wok, heat the oil and saute the onion, garlic and pepper over medium heat for about 2-3 minute, until the onion soft but not until it's browned.
4. Add all water, then add oyster sauce, salt, pepper and sugar to the wok, stir well.
5. Add the kale and cook it for about 2-3 minutes until the vegetable become soft, stir occasionally. Serve hot.

SHOP THE INGREDIENTS HERE

About Us



Hello and Welcome to our FOOD BLOGGING, TRAVEL AND COOKING site. We are family of 4 who love to cook, travel and eat spicy foods! My name is Erwina (Er-wee-na), originally from Indonesia-Asia, husband is from England and we recently moved to America. I grew up with spicy/Indonesian food, and I want my boys to have spice tolerance. On this site we will be sharing our experience with EXOTIC FOODS, and you will see a lot of spicy foods including recipes for delicious street foods, take out & restaurant style foods that you can easily make at home, from Asian cuisines (Indonesian, Thai, Indian, Vietnamese, Korean, Chinese) to Western cuisine (American and British Foods). Welcome to our site - we're sure

you'll find something delicious to make! Erwina is also A REALTOR in North Carolina, USA. Follow her: INSTAGRAM: @ErwinaAndTheboys Or @RealCoastalLife
XOXO BEAN (Benoa, Erwina, Arthur, Nigel)

Designed by Ucup