

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Kalette Mushroom & Onion

Ingredients

8 kalettes, washed

1 cup of sliced mushrooms

½ red onion, sliced

*2 small stalks of spring onion,
chopped*

1 tbs of butter

Sprinkle of pink sea salt

Sprinkle of sesame seeds

3 sprigs of fresh coriander

Olive Oil

Method

Who knew kalettes were so delicious? I have been basking in the tasty goodness of these little gems. I hope you enjoy them too!

1. Lightly steam kalette pieces and set aside to cool.
2. Melt butter in a small fry pan and sauté mushrooms.
3. Add in the chopped spring onion and stir. Set aside to cool.
4. Add sliced red onion to a salad bowl. If you prefer your onion cooked, add into the fry pan with the mushrooms and spring onion.
5. Combine all the ingredients into a salad bowl. Lightly mix together until well combined. Don't damage the greens by mixing too vigorously.
6. Add a sprinkle of sesame seeds and salt.
7. Drizzle over a generous amount of olive oil.
8. Add sprigs of coriander and serve.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves 4



For more recipes and information on living the low carbohydrate lifestyle find us at:

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