

Curried Tofu and Dinosaur Kale Recipe

2 shallots, thinly sliced
3 cups chopped dinosaur kale
1 package firm organic tofu, cubed after draining
1/4 cup sunflower seeds, toasted
2 tablespoons extra virgin olive oil (EVOO)
1/2 tablespoon ghee or EVOO
juice of 1/2 a lemon
2 teaspoons curry powder
salt to taste

Start by heating 1/2 tablespoon of ghee (or EVOO) in a small fry pan over medium heat. Add 1/4 cup sunflower seeds and toast until golden brown. Remove from heat and set aside.

Heat 2 tablespoons EVOO in saute pan over medium heat. Add curry powder and shallots. Once the shallots are translucent (about 1 minute) add tofu and stir briefly to coat tofu with the curry and onions. Spread tofu evenly on pan and leave to brown lightly stirring every few minutes.

As the tofu is browning (after about 6-8 minutes) you will add the chopped kale into the pan with the tofu, squeeze the lemon over top, sprinkle with salt and continue to stir every so often until the kale stalks are cooked through yet still retaining their tenderness.

Remove from heat, plate on serving dish and sprinkle with toasted sunflower seeds.