

# Comfort Food Greens

Lacinato kale plays the leading role in tonight's production, but it's the supporting cast that makes this ensemble sing. Smoky tempeh delivers a powerful performance (filling the role of bacon) and poached eggs anchor this tasty production with savory richness. This memorable ensemble is completed with caramelized potato slices. Bravo to the comfort food experience!

**Preparation Time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!).

### Comfort Food Greens

2 medium red potatoes (washed and sliced in 1/4" slices)  
4 slices smoky tempeh

1 tsp. olive oil  
1 tsp. low-sodium soy sauce  
1 T. Balsamic vinegar  
3/4 C. low-sodium vegetable broth

2 cloves garlic (smashed and chopped)  
1/2 C. onion (chopped)  
1 bunch kale or other greens (stems and leaves chopped separately)  
4 eggs (poached)  
2 kiwis (halved)

Preheat the oven to  
400°

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Simplicity is the key to tonight's meal. Start by putting the potato slices and tempeh in the oven. The greens are a breeze to prepare once prep is finished. You can easily cook the greens while the potatoes are baking.

Poach the eggs as the last component to ensure they are cooked to the perfect firmness.

### Caramelized Potatoes and Brownd Tempeh

1. Spread oil on a cookie sheet and arrange potato slices on it. Leave about 5" of space on one end of the sheet for the tempeh.
2. Lay tempeh slices on the open portion of the sheet. Place in 400° oven and set timer for 4 minutes.
3. When timer sounds, turn the tempeh slices. Set the timer for another 4 minutes. Remove the tempeh from the oven and turn the potato slices. Cook the potatoes 15 more minutes.
4. Chop 4 pieces of tempeh for tonight's meal and store leftover tempeh in the fridge.

### Comfort Food Greens

1. Measure oil, soy sauce, vinegar and broth into a large, high sided kettle and bring to boil.
2. Add garlic, onion and chopped stems from greens. Toss over medium heat for 12 minutes. (If needed, add a little more broth.)
3. Add chopped leaves from greens and chopped tempeh. Toss another 3 minutes. Remove from heat.

### Poach Eggs and Plate the Meal

#### Poaching eggs the old-fashioned way:

1. Bring 1-1/2 C. water to boil in a medium sauté pan. Reduce to medium-high heat.
2. Crack eggs over sink one at a time into a fine sieve. Let just the thinnest part of the white drain off. The firmer portion of the egg white will remain in the strainer.
3. Transfer to a cup and slip each egg into boiling water. Poach about 3 minutes or until firm.

#### Poaching eggs with an egg poaching pan:

1. Crack eggs into oiled poaching cups over boiling water, cover pan and poach 3 minutes or until at the desired firmness.

#### Plate meal:

Arrange roasted potatoes on plates. Divide cooked greens over potatoes and make an indentation in center of greens. Slide poached eggs into center of greens.

Serve with halved kiwis on the side. They can be eaten by scooping the flesh out with a spoon.

### What I've Learned from this Recipe

Three key properties are needed in comfort food: caramelization, saltiness and savory richness. Potatoes are the caramelized ingredient, smoky tempeh provides a slightly salty and smoky flavor, and the savory richness of poached egg finishes tonight's comfort food trifecta. All hail comfort food kale!

Let us know what you think, and ask any questions you may have. [chezdon@plate6.com](mailto:chezdon@plate6.com)