

Kale with Egg and Roasted Potato Rounds

This kale dish is a “go to” version of kale in my house. Any kale will work, but I'm partial to Lacinato Kale as it's easier to chiffonade.

Easier to what? Chiffonade is just a fancy term from French cookery for stacking leaves, rolling them and cutting them perpendicularly into thin strips. The term literally means, "little ribbons."

The combination of the poached egg, roasted potatoes and smoky tempeh with the kale provides a delicious meal. Add a piece of seasonal fruit and enjoy a fresh, vitamin-packed meal.

Preparation Time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add.

Roasted Potato Rounds/Tempeh

Roasted Potatoes

1 tsp. canola oil

2 medium red potatoes (scrubbed and sliced into 1/4" rounds)

Tempeh:

4 slices smoky tempeh

Poached Eggs

4 large eggs

salt and pepper to taste

Sauteéd Kale

Sauteéd Kale:

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 (stems and leaves chopped separately)

Finish:

1 fresh pear (cored, and sliced)

Preheat the oven to
400°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by getting the potato slices into the oven and browning the tempeh. Poach the eggs as you finish the recipe. This ensures they're cooked just right - not too soft and not too hard.

Roasted Potato Rounds and Brownd Tempeh

1. Spread oil on a cookie sheet and arrange potato slices on the sheet. (Leave about 5" of space on one end of the sheet for the tempeh.) Place potatoes in the oven and set a timer for 15 minutes.
2. When timer sounds, turn the potatoes and reset the timer for 5 minutes.
3. When the timer sounds, lay the tempeh strips next to the potatoes and return to the oven. Set a timer for 5 more minutes. Remove potatoes and tempeh from the oven when timer sounds.
4. Allow tempeh strips to cool and chop them into small 1/4" pieces.

Sauteéd Kale

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 15 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. Working over the sink, crack each egg into a fine sieve letting just the thinnest part of the white drain off.
3. Transfer to a cup and slip each egg into boiling water. Poach 3-5 minutes to desired firmness.

Poaching eggs with an egg poaching pan:

1. Crack eggs into oiled poaching cups over boiling water, cover pan and poach 3-5 minutes to desired firmness. (I like the white cooked but the yolk runny.)

Plate meal:

While eggs poach, arrange a flat circle of 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 sliced pears on the side.

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.

Let us know what you think, and ask any questions you may have. chezdon@plate6.com