Sides / Ireland

Gently braised fennel and kale · Ireland

Two vegetables gently cooked and seasoned as a Ireland-inspired side dish.

Time 30 min **Servings** 4

What you'll need.

- ☐ 500 g fennel
- ☐ 350 g kale
- ☐ 25 ml neutral cooking oil
- ☐ 180 ml low-salt vegetable stock
- ☐ 15 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 10 ml apple cider vinegar
- ☐ salt and pepper to taste

Let's make it.

01 Clean both vegetables and cut into small, even pieces. Keep tender leafy vegetables separate.

02 Heat the oil and cook the firmer vegetable for a few minutes, then add the other firm vegetable.

03 Add the stock, cover and cook gently. Add any leafy vegetables near the end of cooking.

04 Uncover and briefly reduce any excess liquid. Check all vegetables are tender.

05 Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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