

SAKG Elwood Primary School
Karkalla and garlic stir-fry



Ingredients

- 3 cups karkalla, washed and picked
- 3 garlic cloves, bruised
- Zest and juice of one lemon
- 1 red chilli, deseeded and sliced (see note)
- 40g parsley, finely chopped
- 100ml olive oil
- 1 eggplant, peeled and diced
- 1 bunch of garlic chives
- 1 Tbsp Tamari (or soy sauce)
- 2 cups Warrigal greens

Method

Preheat oven to 200oC

Prepare the karkalla and spread onto a tray with some paper towel to dry. Cut the garlic chives 3 cm long

Peel and dice the eggplant and bake at 200oC for 15 mins in an oven tray with greaseproof paper.

In a small pan, heat the olive oil. Add the chilli and gently fry until lightly golden. Pour the chilli oil over the cooked eggplant.

Sweat the warrigal greens in the same pan with a little olive oil. Add the chives and karkalla to warm through.

Mix lemon juice and tamari/soy and toss everything together in a bowl with the chopped parsley.

Serve warm.

Note; if using chilli be sure to wear gloves and cut into strips once you have deseeded it. Wash the chopping