

Kale and spinach salsa

Ingredients

- 50g kale finely chopped
- 50g Spinach Finely chopped
- 1 garlic clove
- ½ red onion Finely chopped
- 1 tsp olive oil
- 1 red chili deseeded and finely chopped
- small handful coriander, chopped
- 1 orange zest and Juice

Method

- Place Kale Spinach garlic and onion into a dry frying pan, this will enhance the flavour of the salsa. Wilt for 2-3 minutes. And allow to cool.
- Place all remaining ingredients into a mixing bowl and mix thoroughly fold into the cooled mix. Serve with either chicken or fish garnished with roasted pumpkin seeds.

