

Cabbage, Kale & Kalua



Recipe by: moongardens.org

Ingredients

12 oz. frozen kalua (pork or turkey)
1 1/2 lbs. roughly copped cabbage
1 bunch kale @12 oz.
1/4 cup water
Salt and fresh pepper to taste



Directions

Place frozen kalua in a pot with 1/4 cup water, and cook on medium heat. While the kalua is cooking, process the cabbage by removing core and rough chopping into 1 inch pieces. Add cabbage to the pot, and lower the heat slightly (add a little more water if you want to soften the cabbage more). Process the kale by removing it from the stem, and chop into 1 inch pieces. When the cabbage is cooked to desired tenderness, add your kale. Cook until the kale is a vibrant green and softened. Add salt and pepper to taste.

Get Creative

Use Won Bok cabbage instead of green cabbage, or mix all three greens. Serve with a side of pickled white onions.

For any comments or suggested ingredients for upcoming recipes, please email us at info@moongardens.org.