

Purple sprouting broccoli and kale with saffron oil and caramelised oranges

Serves four as a tapa

This dish uses two seasonal winter greens that are grown in here in the uk but are also very popular in Italy. The kale has a great peppery flavour while the broccoli has a nutty sweetness. Saffron and orange work very well together and caramelising the oranges intensifies the sweetness of the orange.

This dish is perfect for a healthy light lunch or as part of a fuller meal.

300g purple sprouting broccoli, stalks trimmed

200g curly kale, stalks trimmed

1 large orange, peeled of skin and pith

200ml extra virgin olive oil

1 gramme Spanish saffron strands

Sea salt and pepper

Olive oil for cooking

Method

Heat the virgin olive oil in a sauce pan with the saffron strands to around 80oc. remove from the heat and leave to infuse for at least 1 hour.

Bring a large pan of salted water to a rolling boil. Plunge in the broccoli followed 1 minute later by the kale. Cook until just tender and then remove the greens and refresh quickly in cold running water.

Slice the orange into 6 rounds and place on a grill tray. Place under a hot grill and cook until the oranges start to caramelize. Remove from the grill and cool down.

In a large non stick pan add all the saffron oil and place over a medium heat. Squeeze out the greens carefully and then add to the pan. Season well with salt and pepper and toss with the oil warming through as you go. Continually move the greens so as to heat through without browning.

Cut each orange round into four and then add to the greens and stir well to distribute evenly.

When everything is nice and hot divide between two warmed bowls and serve.