

Making the most of January's seasonal produce

Through these articles I hope to show you how to make the most of the seasonal produce you can find from the wonderful suppliers on our doorstep, and to inspire you to enjoy colourful and varied produce in ways you may not have tried before.

Eating seasonally has many benefits, not only are fruits and vegetables usually cheaper in their natural growing season due to their abundance, but they typically don't travel so far to reach us and are fresher.

January, being dark and cold, can seem somewhat bleak but when it comes to produce there's lots to look forward to. Both kale and carrots are at their best right now and they make a great combination. Kale contains a myriad of nutrients from vitamin C and B vitamins, to iron, calcium, and many more. Carrots are also nutritional powerhouses with vitamins A, C, B6 and potassium. Fruits and vegetables are quite literally nature's multivitamins, but with the added bonus of fibre and flavour.

Sautéed kale and carrots (serves 2)

100g kale (large stems removed)

1 medium carrot (cut into half circles)

½ medium white onion (diced)

1 garlic clove (crushed or grated)

1 tbsp olive oil

Salt and pepper to taste

Optional: dried chilli flakes or lemon zest



Heat the oil in a lidded frying pan or wok on a medium heat. Add the diced onion and sauté until tender.

Add the garlic and carrot, covering with the lid to trap the steam and cook the carrots.

When the carrots are almost tender add the kale, stir in your desired seasonings, and cover again for a couple of minutes until the kale is wilted. Then enjoy!

While this dish is incredibly simple it is full of flavour and a lovely accompaniment to chicken, fish or as part of a veggie packed main.

I'm not suggesting *only* eating seasonal produce, sometimes you have a specific craving and nothing else will do! However, little changes can have a big impact on your health, local businesses, and even the environment due to a smaller carbon footprint.

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