

This week's recipe makes the most of the last of the kalettes and romanesco as they come to the end of their season in a quick, versatile, and easy dish I hope you'll enjoy.

Kalettes, also known as "flower sprouts", are a hybrid of kale and Brussel sprouts and boast a similar nutritional profile as other cruciferous vegetables, including beta-carotene, vitamins C and K, folate, fibre and a variety of flavonoids and antioxidants.

Romanesco is a stunning vegetable considered somewhere between cauliflower and broccoli, but with a slightly sweeter and nuttier flavour. It contains good levels of vitamins C, K, B5, B6, folate, choline and fibre, and has good levels of the phytochemicals lutein, zeaxanthin, and quercetin.

Kalette and Romanesco stir-fry

(serves 2)

½ a medium Romanesco

80-100g kalettes

1-2 garlic cloves (finely grated)

½ thumb-sized piece of fresh ginger (finely grated)

1 tbsp low salt soy sauce or tamari (gluten-free soy sauce)

1 tbsp extra virgin olive oil

Optional extras: lemon zest, dried chilli flakes, sesame seeds (toasted) to garnish



Wash the kalettes and spin in a salad spinner to dry, or pat dry with a clean tea towel. Cut any that are bigger than the rest in half lengthways to try and ensure they all cook at a similar time. Separate the Romanesco into similarly sized florets.

Heat a wok on a medium-high heat, add the extra virgin olive oil, garlic, ginger, and chilli flakes if you are using them. Stir thoroughly for around 1 minute.

Add the Romanesco and half the soy sauce stirring well to ensure it is coated in the sauce and spices. Cover with a lid or large plate for a couple of minutes until the florets are just starting to soften, then stir in the kalettes and the last of the soy sauce, and leave uncovered stirring regularly for around 5 minutes, or until the vegetables are cooked to your liking.

Lovely with chicken or tofu, served on a bed or brown rice and sprinkled with toasted sesame seeds.

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