

# Kale with Garlic Stir Fry

## Ingredients

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1 Kale (bunch)  
5 clv Garlic (sliced)  
1/4 t Salt  
0 ds White Pepper

## Instructions

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In a heated pan, add some canola oil. Then add in garlic and fry till fragrant. Add in kale leaves and stir fry quickly, mixing well. Add 3-4 tbsps of water, cover the pan and allow kale to simmer (so that leaves soften and cook). When leaves softened, add salt, then add in some white pepper, stir briskly.