

KALE / SORREL

Lemony Rice Bowls

Recipe by
FREIGHT FARMS

Freight Farms' controlled growing environment can produce some unique crops, and one of our most famous is super-lemony Red Veined sorrel. Our kale is also particularly soft—no massaging required—and served raw here.



4 bowls

Serving Size



25 min

Cooking Time

Ingredients & Equipment

Whisk

Large prep bowl

Microplane or zester

Ring mold (optional)

FROM YOUR FARM SHARE

4 mini-head lettuces, grow plugs and roots removed

1 bundle Scarlet Kale

1 bundle Red Veined sorrel

FROM YOUR PANTRY

1 cup brown rice, dry

2 cups vegetable stock

4 tbsp extra virgin olive oil

1 lemon

Kosher or sea salt

Instructions

1. Zest one lemon and set aside. Separate kale leaves from stems and thinly chop stems. Roughly chop all greens. Cook 1 cup of rice according to package instructions but use vegetable stock instead of water.
2. Meanwhile, sauté kale stems and a half tbsp olive oil over medium heat for 3 minutes or until cooked but crunchy. Set aside.
3. In a large bowl juice one half the lemon and, while whisking vigorously, add remaining 3–4 tablespoons extra virgin olive oil in a slow and steady stream until the mixture is emulsified. Whisk in a pinch or two of salt and set aside.
4. When the rice is finished, stir in a pinch of salt. Taste and, if desired, add juice from the second half of the lemon.
5. When you're ready to serve, toss the rice, chopped greens, and kale stems with the dressing in the large bowl. Plate (with a mold, if you have one) and top with lemon zest.