

# Salt and Serenity

## Hearty Kale Dinner Bowl

This recipe was heavily inspired by Tim Robinson's recipe for "Hearty Kale Breakfast Bowl", over at [thefeedfeed.com](http://thefeedfeed.com).

Serves 2

1 medium red potato, washed and cut into  $\frac{1}{4}$  inch cubes  
 $\frac{1}{2}$  small butternut squash, peeled and cut into  $\frac{1}{4}$  inch cubes  
2 tablespoons olive oil  
1 teaspoon Diamond Crystal kosher salt  
 $\frac{1}{2}$  teaspoon pepper  
1  $\frac{1}{2}$  teaspoons smoked paprika  
2 small bunches black kale  
1 tablespoon olive oil  
 $\frac{1}{4}$ - $\frac{1}{2}$  teaspoon red pepper flakes  
1 small clove garlic, finely minced or grated on a microplaner  
1 tablespoon butter  
4 eggs  
1 ripe avocado  
 $\frac{1}{4}$  teaspoon Diamond Crystal kosher salt  
2 teaspoons fresh lime juice  
2 ounces feta cheese, crumbled  
 $\frac{1}{4}$  cup cilantro leaves

1. Preheat oven to 400°F. Place diced potatoes and squash on rimmed baking sheet. Drizzle vegetables with olive oil and then sprinkle them with salt, pepper and smoked paprika. Using your hands, mix until all the vegetables are evenly coated. Roast in oven for 30-35 minutes, until veggies are crispy and browned. Remove from oven and set aside.
2. Wash kale leaves, strip the leaves off the stems and stack them up, in a pile, on top of each other. Roll the stack of leaves, like a cigar. Hold the "cigar" with your non-cutting hand, and using a sharp knife in your other hand, thinly slice kale into very fine strips. Place sliced kale in small bowl and set aside.
3. In a large (12-inch) nonstick skillet, heat 1 Tablespoon olive oil over medium heat. Add red pepper flakes and garlic and stir for 30 seconds. Add ribbons of sliced kale and toss and cook for 2 minutes, just until kale begins to wilt. Remove from pan and set aside.
4. In same skillet, no need to wash it out, melt butter over medium heat. Crack 4 eggs into skillet. Sprinkle eggs lightly with salt and pepper. Cover skillet with lid and cook just until whites are set.
5. While eggs are cooking, dice avocado and season with salt and lime.
6. Assemble bowls: Set out 2 large shallow bowls (I used pasta bowls for this). Place half the sautéed kale in each bowl. Add half the potatoes and squash to each bowl. Top each bowl with 2 fried eggs. Scatter eggs with avocado, feta, and cilantro.