
Chilli-Garlic Greens

A vibrant, blood sugar-friendly vegetable stir-fry packed with fiber-rich greens, aromatic garlic, and a kick of chilli—ready in just 20 minutes.

Prep: 10 min

Cook: 10 min

Total: 20 min

Servings: 4

GL 2.4 / GI 17

Ingredients

Use olive oil or avocado oil spray for heart-healthy fats low-calorie cooking spray

garlic cloves, thinly sliced

red chillies, deseeded and roughly chopped

red onion, thinly sliced

green peppers, deseeded and roughly chopped

long-stem broccoli, trimmed

kale, roughly chopped

juice of unwaxed lemon

Instructions

Step 1

Prepare all your vegetables before you begin cooking. Thinly slice the garlic cloves, deseed and roughly chop the red chillies, thinly slice the red onion, and roughly chop the green peppers into bite-sized pieces.

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Step 2

Trim the long-stem broccoli by cutting off any tough ends, then roughly chop the kale into manageable pieces. Juice the lemon and set aside. Have 100ml of water measured and ready.

Step 3

Heat a large non-stick frying pan or wok over medium-high heat. Apply 2-3 pumps of low-calorie cooking spray to coat the surface evenly.

Step 4

Add the sliced garlic and chopped chillies to the hot pan. Stir-fry for about 1 minute until fragrant and the garlic just begins to turn golden, being careful not to burn them.

Step 5

Add the sliced red onion, chopped green peppers, and trimmed broccoli to the pan along with 100ml of water. Stir-fry for 2-3 minutes, tossing frequently, until the vegetables begin to soften but still retain some crunch.

Step 6

Stir in the chopped kale and continue cooking for another 2 minutes, tossing constantly, until the kale wilts down and turns bright green while maintaining its texture.

Step 7

Season the greens lightly with freshly ground black pepper to taste. Squeeze the fresh lemon juice over the vegetables and toss one final time to distribute evenly.

Step 8

Transfer immediately to a serving dish and enjoy hot. For optimal blood sugar management, serve this as the first course of your meal or alongside a lean protein source like grilled fish or chicken.