

Caldo verde (collard green soup)

Serves 4

Collared Greens (or kale)	
PC® Plant Based Sweet Italian Sausage ,diced	4
White onion diced	2
Garlic cloves	12
PC White Potatoes, diced	2 lbs
bay leaf	4
PC® Organics Smoked Paprika	2 tsp
Salt & pepper	TT
PC® Organics Vegetable Broth	2x900ml
Water	2 L
Collared Greens	

Method:

Caldo means green soup in Portuguese. It traditionally uses a base of potatoes and collard greens, but kale also makes a great substitute. The chorizo gives this soup a smoky depth of flavour, but you can also make a plant-based version.

Stir-fried snow pea leaves with garlic :

Heat a wok or large skillet over high heat until smoking hot; drizzle in 2 tbsp vegetable or canola oil and immediately add 1 lb washed, trimmed snow pea leaves and 6 cloves garlic, minced. Stir-fry for 1 minute. Season to taste with salt, cracked white pepper, and a generous drizzle of toasted sesame oil. Stir and mix well. Cover and steam until wilted and tender-crisp, 1 to 2 minutes.



Method:

In a soup pot, sauté 4 diced dry-cured chorizo sausage (or plant-based chorizo-style or Italian sausage) in a splash of olive oil over medium heat until light golden, about 8 minutes; remove with a slotted spoon to a plate. Add diced onion and cloves of garlic, minced; sauté until translucent, 5 to 8 minutes. Add peeled, cubed potatoes, 2 bay leaves, 1 tsp smoked paprika, ½ tsp salt and ¼ tsp pepper; stir in water and 2x(900 mL) vegetable broth. Stir in half of the reserved chorizo. Bring to a boil; reduce heat and simmer until potatoes are tender, about 20 minutes.

Add 1 bunch trimmed sliced collard green or kale leaves. Simmer for 5 to 10 minutes until the greens are tender. Using a stick blender, or regular blender in batches, purée the soup to desired consistency. Stir in remaining chorizo and finish with a drizzle of extra-virgin olive oil. Serve with crusty bread

Salad recipe L1-002-2

Potato salad with eggs

Ingredients: serves 8

8 medium [potatoes](#) (approx. 4 lb), cooked and diced

1 cup [mayonnaise](#)

½ cup sour cream

2 tablespoons apple [cider vinegar](#)

1 tablespoon dijon [mustard](#)

1 teaspoon [salt](#)

1 teaspoon [garlic powder](#)

½ teaspoon [pepper](#)

2 [celery ribs](#), sliced

1 cup green [onion](#), cut

5 [hard-boiled eggs](#), chopped

[Paprika](#) to taste

Method:

- Boil the potatoes in salted water, drained and let cool in refrigerator until cold.
- Cut the potatoes in medium dice size.
- Chop the eggs and combine all ingredients, salt and pepper to taste.

