



Globally Inspired Flavor Solutions®

Rich polenta is accented with harissa paste, then topped with sautéed kale and feta cheese to create a satisfying vegetarian option so good that even meat lovers will love it.

Creamy Harissa Polenta with Garlicky Kale and Feta Cheese

Yield: 4 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per 1/4 recipe)
Milk	2 cups	Calories 510 Fat 32g Saturated Fat 11g Cholesterol 45mg Sodium 1440mg Carbohydrate 43g Fiber 5g Sugars 9g Protein 18g
SupHerb Farms Fusions® Moroccan Harissa	2 tbsp	
Salt, divided	1 1/2 tsp	
Medium or coarse cornmeal	1 cup	
Grated parmesan cheese	1/4 cup	
Butter	2 tbsp	
Olive oil	1/4 cup	
SupHerb Farms Fresh Frozen Garlic Purée	1 tbsp	
SupHerb Farms Fresh Frozen Kale	6 cups	Gluten Free Nut Free Egg Free Vegetarian
Grape tomatoes, halved	2 cups	
Crumbled feta cheese	1/2 cup	

PREPARATION

- In large saucepan, combine 3 cups water, milk, SupHerb Farms Fusions® Moroccan Harissa and 1 tsp salt; bring to simmer. Slowly pour in cornmeal, whisking vigorously. Cook, stirring, for about 2 minutes or until large bubbles burst on the surface. Reduce heat to medium-low; cook, stirring often, for 8 to 10 minutes or until polenta is thickened and pulls away from side of saucepan. Remove from heat; stir in Parmesan and butter.
- Meanwhile, heat olive oil in large skillet set over medium heat; cook SupHerb Farms Fresh Frozen Garlic Purée for about 1 minute or until lightly browned and fragrant. Add SupHerb Farms Fresh Frozen Kale. Stir in remaining salt; cover and cook for 2 minutes. Add tomatoes; cook, tossing gently, for 2 to 3 minutes or until softened.

TO SERVE

Divide polenta between 4 shallow plates immediately after stirring in cheese and butter. Top with kale mixture. Sprinkle with feta.