

NUTRIENT PACKED

Kale Salad

YOU WILL NEED

- 1 bunch kale, washed, leaves removed from the stem
- ½ bunch flat leaf parsley, roughly chopped
- ½ bunch mint, roughly chopped
- 200g (1 tub) mung beans
- 2 oranges, peeled & segmented
- 1 avocado, diced
- 1/3 cup pistachios, toasted
- 2 tbsp goji berries or pomegranate seeds

Dressing:

- 1 lemon, juice & zest
- 3 tbsp extra virgin olive oil
- 1 tbsp fresh ginger, grated
- ½ tsp fresh or ground turmeric
- 1 clove garlic, crushed
- ½ tsp black pepper
- pinch sea salt

PROCEDURE

- Add all dressing ingredients to a jar & secure the lid. Shake well.
- Cut kale leaves into small pieces or shred. Place in a large bowl.
- Massage dressing into the kale leaves for 1-2 minutes until kale is softened. Wear disposable gloves as the turmeric will stain your hands.
- Place kale on a platter & add remaining ingredients.
- Garnish with sprigs of mint & flat leaf parsley.



HEALTH TIP

One cup of kale has as much Vitamin C as an orange. Kale also contains iron and calcium.

Unlike spinach, kale is low in oxalates, so the calcium and iron it provides are more easily absorbed.

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