

Kale, Avocado and Pomegranate Salad



Ingredients

200g curly kale – washed
Seeds of 1 pomegranate
2 Avocados, chopped
2tbs Tahini
2tbs natural yoghurt
2tbs tamari (soy Sauce)
2tbs extra virgin olive oil
3 limes juiced
Salt and pepper to serve

Method

In a mug whisk together the tahini, yoghurt, tamari, olive oil and lime juice. Adjust with salt and pepper.

Strip the kale from its thick hard stems and place the leaves in a big bowl.

Pour over the dressing and spend a good few minutes massaging the dressing into the kale leaves, long enough for all the kale to be covered and starting to wilt.

Add the pomegranate seeds and avocado.

279 calories per serving.

Lovely for lunch with a chicken breast or some salmon.

Recipe from Sarah Raven brought to you by

