

Very Green Zingy Kale Salad



Ingredients

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| <ul style="list-style-type: none">• 100 g curly kale• 150 g fine green beans stalks removed and cut in half• 150 g green grapes halved and pips removed• 1 green skinned dessert apple cored and diced• 50 g watercress | <ul style="list-style-type: none">• 100 g ready cooked wholegrain quinoa• juice of 3 limes (approx 4 tbsp)• 1 tsp light soy sauce• 1 tbsp clear honey• 1/8 tsp garlic granules• salt and pepper to taste• lime wedges to garnish optional |
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Method

1. Place a large saucepan of water on the hob and bring to the boil.
2. Add the green beans to the saucepan of boiling water and boil for 3 minutes. Remove the beans from the boiling water using a slotted spoon and plunge into a bowl of cold water.
3. Add the curly kale to the saucepan of boiling water and boil for 2 minutes. Remove the curly kale from the boiling water using a slotted spoon and plunge into a bowl of cold water.
4. Using a sieve, strain off the water from both the beans and the curly kale and shake well to remove excess water. Place on a sheet of kitchen paper to absorb any further moisture.
5. Place the kale and beans in a large bowl and add the grapes, apple, watercress and quinoa.
6. Place the lime juice, soy sauce, honey, and garlic granules in a small bowl. Mix with a fork and season to taste with salt and pepper.
7. Pour the dressing over the salad and toss well. Taste the salad and add a little more salt and pepper if needed.



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