

KIM·CHI·AVOCADO

by YUNNIE KIM

Kale and Brussels Salad

Serves 6



Ingredients:

Salad Ingredients:

- 8 cups chopped lacinato kale
- 3 cups shaved brussels
- 4 tbl fresh dill
- 1/3 cup chopped pistachio nuts
- 1/2 cup dried cherries
- 1 cup shaved parmigiana reggiano
- 4 tbl olive oil

Dressing Ingredients:

- 1/4 cup raw apple cider vinegar
- 2 tbl lemon juice
- 1/4 tsp lemon zest
- 2 tsp dijon mustard
- 1 tsp honey
- 1 garlic clove smashed
- 1 tsp minced shallot
- 1/2 cup olive oil
- salt and pepper to taste

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KimChiAvocado by Yunnies Kim <https://www.kimchiavocado.com/blogs/blog/kale-and-brussels-salad>

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Instructions:

1. Remove middle rib of kale and chop into 1 inch pieces. Wash and dry well.
2. Add the olive oil to kale and massage for a 2-3 minutes. Kale is very hearty so don't be afraid to put a little muscle into it. This will soften the kale and the most important step to this recipe.
3. Shave the Brussels on a mandolin or on a slicer blade of food processor.
4. Add the fresh dill, cherries, nuts and cheese and give a gentle toss to mix all ingredients.

For the dressing:

1. Add all of the ingredients to a glass mason jar and whisk with a spoon.
2. Give the jar a good shake before adding to salad. Remember to remove garlic clove before dressing the salad.
3. Dressing stores in fridge for up to 3 days.

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