



# KALE SALAD

## INGREDIENTS

½ bunch kale leaves, roughly chopped  
200g red cabbage, sliced  
200g chickpeas, soaked and cooked or tinned chickpeas, rinsed and drained  
50g red capsicum, diced  
50g currants  
50g sunflower seed kernels  
50g pumpkin seed kernels  
50g slivered almonds  
50g Iranian figs  
50g flat-leaf parsley, chopped  
½ tsp coconut oil

## Dressing:

½ tsp Yalla Yalla  
½ tsp pomegranate molasses  
½ tsp grape balsamic vinegar  
½ tsp Beetroot Finishing Vinegar  
½ tsp seeded mustard  
¼ tsp Maras chilli  
¼ tsp freshly-ground black pepper  
¼ tsp sea salt  
½ tsp lemon-pressed olive oil  
½ tbs fresh lemon juice

## METHOD

In a hot pan, toast the nuts and dried fruit for 5 minutes in coconut oil.

In a large bowl, combine the kale, cabbage and chickpeas.

Add the toasted nuts, dried fruit and other salad ingredients.

Combine the dressing ingredients, mix well, pour over the salad and serve.