



The Gathered Green

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MOROCCAN KALE & CARROT RIBBON SALAD

Thank you to gourmandeinthekitchen.com for this recipe and picture.

Serves 4

Ingredients

- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1/8 teaspoon cayenne pepper
- 1 small garlic clove, finely grated
- ¼ teaspoon of sea salt
- 2 tablespoons freshly squeezed orange juice
- ½ tablespoon white wine vinegar
- 1 bunch of Tuscan kale, stems removed, sliced into thin strips.
- 3 to 4 medium carrots, peeled, made into flat noodles using a vegetable peeler
- ¼ cup black olives, chopped
- 2 tablespoons chopped fresh mint
- ¼ cup chopped flat leaf parsley
- ¼ cup golden raisins
- 4 to 5 medjool dates





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Method

Whisk first 8 ingredients together in the bottom of a large bowl.

Add the kale ribbons to the bowl and with clean hands, firmly massage the leaves to work in the dressing. The leaves should look a little darker and be softer in consistency.

Add the carrots, chopped olives, mint, parsley, raisins, and dates and toss to combine. Let sit for at least 10 to 15 minutes for the flavours to combine.

Toss lightly again before serving at room temperature.

Enjoy!

Jane

