



The Gathered Green

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## WARM BALSAMIC KALE SALAD

Thank you to [pinchofyum.com](http://pinchofyum.com) for this recipe and picture.

Serves 4

### Ingredients

- 3 tablespoons butter/coconut oil
- 1 leek, finely chopped
- 1 large red capsicum, diced
- 2 medium zucchinis, diced
- 200 grams of mushrooms, sliced (optional)
- 1 bunch kale leaves,
- 2-3 cloves garlic, minced
- 2 tablespoons balsamic vinegar
- Parmesan cheese
- Sea salt and cracked black pepper to taste





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## Method

In a large frypan over medium heat, melt 1.5 tablespoons butter/coconut oil. Add leek and capsicum, sauté for several minutes until softened.

Add the remaining 1.5 tablespoons butter/coconut oil, zucchini and mushrooms; sauté for several minutes until tender and browned.

Add kale, garlic, and balsamic vinegar.

Sauté until the kale is deep green but not yet wilted. Remove from heat and serve with grated parmesan cheese.

Season with salt and cracked pepper to taste.

Salad can be served with brown rice or quinoa or enjoyed on its own.

Enjoy!

Jane

