



Kale, apple and walnut salad

Delicious winter salad - make sure you massage the olive oil into the kale leaves to break them down and soften them. Serves 6. Per serve: Cal: 139; Fat: 11.2g; Pro: 2.4g; Carbs: 6.0g.

Serves: 6, Prep time: 00:15, Cook time: 00:04

Instructions

Strip kale leaves from the stalks and rip into pieces, putting into a bowl. Add olive oil and massage the oil into the leaves for a few minutes until the leaves soften and deepen in colour.

Heat a fry pan to medium heat and lightly toast walnut halves. Add to salad bowl.

Finely slice red onion and cucumber, and add to bowl. Dice apple into cubes and toss in lemon juice in a small bowl to stop them from going brown. Add to salad bowl.

Finely chop mint leaves and add to salad. Gently toss. Serve

Ingredients

- 1 bunch Kale
- 2 tablespoon Oil, olive
- 0.5 cups Nut, walnut, raw
- 1 Red onion
- 1 Apple
- 0.5 Cucumber
- 40 grams Fresh mint
- 2 tablespoon Juice, lemon