

Creamy Tahini Kale Salad

Recipe from Chloe Steele
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	254 kj	3%
Energy (kcal)	60 kcal	3%
Fat	11g	15%
of which saturates	2g	7%
Carbohydrate	12g	9%
of which sugars	0.5g	1%
Fibre	5g	16%
Protein	6.2g	12%
Salt	0.9g	15%

Generated by Nutrium

Ingredients (serves 2-4)

250 g Curly green kale,
½ tsp salt,
50 g sunflower seeds,
400 g can chickpeas, drained,
100 g sun dried tomatoes ,
100 g Kalamata olives, pitted and sliced

For the dressing:

25 g Parmesan cheese, finely grated
1 tbsp olive oil,
50 g tahini (**SESAME**)
3 tbsp lemon juice,
1 garlic clove,
1 tbsp Dijon (**MUSTARD**)
Pinch Salt, Pinch pepper, 20ml Water.

Method:

1. Chop the kale into bite sized pieces and place into a large bowl with salt and crush between your fingers to soften. This will make it easier to chew.
2. Toast the sunflower seeds over a medium heat in a large frying pan and add to the bowl with the kale.
3. Add the chickpeas to the kale, with sliced sundried tomatoes and the sliced olives.
4. To make the dressing: put all the ingredients into a bowl with 2 tbsp water and whisk together then add to the salad. Toss and serve.

ALLERGENS



MUSTARD



SESAME

MODIFY

Remove the parmesan cheese or use a dairy-free cheese to make the dish vegan.



CREDIT

Recipe by: COOKIE+Kate
Photo by: Chloe Steele

