



Mediterranean Kale Salad

This salad was created early one Sunday morning purely through looking in the fridge and seeing what I could throw together for a salad that I needed to take to a BBQ that afternoon! Little did I know that I would come up with a winner, and have now made this salad numerous times. Healthy and fresh, with great textures and flavours. YUM!



Ingredients:

- 1 kale, washed and leaves pulled off (no stems)
 - 1 capsicum (red or orange)
 - 1 avocado
 - ½-1 punnet of grape tomatoes
 - 1 continental cucumber
 - 2 spring onions
 - ¼ cup sundried tomatoes
 - ⅓ cup Mediterranean mixed olives (pitted)
 - 1 handful sunflower seeds
 - 1 handful pepitas
 - Olive Oil
 - Lemon juice
- Optional: I like to add herbs (when I have them!) so I have made this salad with flat leaf parsley and mint (½ bunch of each) which gives it just a bit more wow factor!

Directions:

- Wash and dry the vegetables first, ensuring that you remove the stems from the kale and the pith (white) part of the capsicum. Cut the kale finely so that it looks shredded. Finely chop capsicum, cucumber, spring onion, tomato, avocado and add to kale.
- Drain the sundried tomatoes from their oil and slice finely, before adding to kale mixture along with the olives. Sprinkle with seeds.
- Season well with extra virgin olive oil and lemon juice, salt and pepper.
- If you make this ahead of time, leave out the avocado and add just before serving. Making ahead of time is a good idea as the kale becomes softer and nicer to eat. Another alternative is to prepare the kale first, add the dressing and massage the olive oil into the kale with your hands to soften it. Then continue with the recipe.