

Tuscan Kale Salad

INGREDIENTS

1/4 cup pine nuts, hazelnuts or walnuts
1 bunch Tuscan kale washed, dried and ribs removed
1 and 3/4 cups cooked farro, brown rice or quinoa
1 apple peeled, cored and finely sliced
5-7 slices crispy prosciutto (optional)

Dressing

2 tsp fresh ginger, grated
1 small garlic clove, minced
2 tbsp white wine vinegar
1 and 1/2 tsp maple syrup
1 tsp salt
1/4 cup extra virgin olive oil

METHOD

1. Prepare dressing

In a small bowl or jar, combine the finely grated ginger and minced garlic with white wine vinegar, maple syrup, salt, pepper and extra virgin olive oil. Mix well.

2. Prepare salad ingredients

Finely slice the kale leaves by rolling them up tightly and slicing 0.5cm strips. This is the most important part of this salad. Place into a large bowl.

3. Toast the nuts

Roughly chop hazelnuts or walnuts (leave pine nuts whole). Heat a small pan over medium heat and place your nuts in the pan, continuously moving to ensure they don't burn. Cook for 5-7 minutes until toasted and fragrant.

4. Crisp the prosciutto (if using)

Preheat the oven to 200 degrees celsius. Place each prosciutto slice onto a tray lined with baking paper. Bake for 9-12 minutes until crispy. Cool and break into small pieces.

5. Assemble

Combine the dressing and kale and toss well. Mix in the nuts, grains and sliced apple. Top with crispy prosciutto if using and serve.

Shop the ingredients at Indro in the Fresh Food Precinct, Level 1.

