

# Kale & Blueberry Salad

A delicious twist on your usual greens, this salad is loaded with fibre, antioxidants, and crunch.

Massaging the kale softens it beautifully and enhances the flavour.

Make it ahead- the flavours just get better as it marinates



## Ingredients

- 1 bunch kale, stalks removed
- 2 tablespoons olive oil
- Sea salt
- 3 teaspoons apple cider vinegar
- Black pepper
- 1/2 cup almonds, roughly chopped
- 1 cup blueberries
- 400g tin lentils, drained and rinsed
- 1/4 cup coconut, lightly toasted

## Method

- Roll kale tightly and slice into thin ribbons.
- Place into a large bowl and drizzle with one tablespoon of the olive oil.
- Sprinkle with sea salt and massage the kale with your fingers. Leave for 5-10 minutes.
- Add remaining olive oil, vinegar, onion and pepper and leave for another 10 minutes to marinate.
- Toss through lentils, blueberries, almonds and coconut.

### Tip:

- Lasts for 2-3 days and the flavours get better as it marinates.
- Mix up your protein so you can have it two nights in a row
- Makes great leftovers for lunch with your favourite (or leftover) protein