



JERNEJ KITCHEN

EASY KALE SALAD

Easy Kale Salad, drizzled with a fantastic lemon salad dressing. Can be served warm or cold and makes a great fall or winter side dish.

SERVES	2	PEOPLE
PREPARATION:	5	MINUTES
COOK:	15	MINUTES
TOTAL TIME:	20	MINUTES

KALE SALAD

350 g cavolo nero (black kale) or curly kale (12.3 oz)

2 carrots

100 g bacon, cut on cubes (3/8 cup + 1 tbsp or 3.5 oz)

1 clove of garlic

1 tbsp olive oil

SALAD DRESSING

75 g olive oil (2.6 oz)

2 tbsp grated parmesan

1 tbsp freshly squeezed lemon juice

1 tsp dijon mustard

3 tbsp greek yogurt

1 tsp soy sauce

TOOLS AND EQUIPEMENT

pot

colander

pan

kitchen knife

paper towels

bowl

immersion blender

COOK KALE FOR 1 MINUTE

Place a pot with boiling salted water over medium - high heat. Clean your kale under running water. Remove the steam from the kale. Add to the boiling water and cook for 1 minute, then remove and drain.

COOK THE BACON AND CARROTS

Place a pan over medium high heat. Add the olive oil. Cut your bacon on 1cm (1/2 inch) cubes. Add to the pan, cook for about 5 minutes or until the bacon is beautifully golden brown, stirring occasionally. Transfer the cooked bacon to paper kitchen towels to drain any excess fat. Peel the carrots and cut on thin slices. Peel the garlic, cut on thin slices and add to the pan (use the same you cooked bacon in). Cook for about 10 minutes, stirring occasionally.

SALAD DRESSING

Add olive oil, greek yogurt, lemon juice, dijon mustard, soy sauce and parmesan to a bowl. Using an immersion blender, blend to a nice, thick, creamy salad dressing. Season to taste with salt and pepper.

TIP

If you prefer a more runny dressing, add about 2 - 3 tbsp of water. You can store the salad dressing for up to 7 days in a fridge.

SERVE

Add kale to the carrots in the pan, stir to combine, so that the kale gets warm too. Transfer to a serving plate or bowl. Drizzle