



The Gathered Green
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KALE-MANGO-COCONUT SALAD WITH TOASTED CASHEWS

Thank you to reciperenovator.com for this recipe and picture.

Serves 4

Ingredients

- 4 cups of finely shredded kale
- ½ lemon
- 1 tablespoon extra virgin olive oil (citrus infused if possible)
- ¼ teaspoon sea salt (vanilla salt if possible)
- ¼ cup raw cashews
- 1 mango
- 4 tablespoons unsweetened flaked coconut





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Method

Prepare kale by washing and thoroughly drying the kale leaves. Fold in half lengthwise and cut away the thick stem. Roll up and cut crosswise into thin shreds, then cut once in the other direction. Put kale into a large bowl.

Add the lemon juice, olive oil, and salt, and massage the kale with your hands until glossy green and soft.

Toast the cashews in a dry pan over medium heat, making sure not to burn them. Let cool.

Cut the mango by slicing it lengthwise on either side of the pit. Cut down to the skin evenly in both directions (scoring) to make little mango squares. Flip skin inside out and cut the pieces off straight into the bowl.

Add the toasted cashews and coconut and stir. Taste and top with a little more salt if needed.

Enjoy!

Jane

