



The Gathered Green

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MASSAGED KALE SALAD WITH ASPARAGUS, PARMESAN & BACON

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

Serves 4-6

Ingredients

- 1 bunch asparagus, trimmed and cut into 3cm pieces
- 1/3 cup and 1 tablespoon extra virgin olive oil, divided
- ¼ teaspoon salt and ground black pepper, to taste
- 1 bunch curly kale, stalks removed, sliced or chopped.
- ¼ cup freshly squeezed lemon juice
- 1 teaspoon seeded mustard
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- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ¼ teaspoon salt, extra
- 85 grams of parmesan, shaved
- 100 grams of nitrate free bacon, cooked and crumbled
- ¼ cup slivered almonds, roasted





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Method

Pre-heat oven to 200 degrees Celsius. Place chopped asparagus on a lined baking tray and drizzle with 1 tablespoon olive oil; toss well. Sprinkle with $\frac{1}{4}$ teaspoon salt and black pepper, to taste. Roast for 10 minutes in oven, set aside to cool slightly.

Meanwhile, put sliced/chopped kale in a large bowl. In a small bowl, whisk to combine remaining $\frac{1}{3}$ cup olive oil, with the lemon juice, seeded mustard, oregano, thyme and remaining $\frac{1}{4}$ teaspoon salt.

Drizzle half the dressing over the kale, and using hands, massage the dressing into the kale for 1 to 2 minutes, tenderising the kale and causing it to turn a darker shade of green. Pour remaining dressing over kale and continue massaging 1-2 minutes or until well combined.

Toss salad with parmesan, bacon crumbles, almond slivers, and slightly cooled asparagus; serve.

Enjoy!

Jane

