

Kale Salad



Ingredients

Salad:

200g Curly Kale (de-veined and chopped)
1 Apple (Diced)
30gm Sharp Cheddar (Diced)

Toppings:

2 Tablespoons grated Parmesan
5 slices of bacon (fried and chopped)
Handful of toasted almond slivers

Dressing:

5 tablespoons of olive oil
2 tablespoons of lemon juice
3 finely chopped cloves of garlic
Salt to taste

Preparation

1. Mix all dressing ingredients together
2. Toss with all salad ingredients
3. Finish off with toppings just before serving