

Kale & Brussels Sprouts salad



Ingredients

Salad:

200g curly kale (de-veined and chopped)
15-20 brussel sprouts (sliced finely)
30gm grated parmesan
100gm toasted chopped walnuts

* Save some grated parmesan and walnuts
to garnish your salad before serving

Dressing:

5 tablespoons of olive oil
3 tablespoons of lemon juice
1 tablespoon Dijon mustard
2 shallots finely sliced
3 finely chopped cloves of garlic
Salt to taste

Preparation

1. Mix all dressing ingredients together 30mins ahead of time
2. Toss with all salad ingredients
3. Garnish with parmesan and walnuts and serve

Recipe adapted from Once Upon a Chef – Jenn Segal