

# Kale Salad

## YOU WILL NEED

1 bunch of kale - either curly, cavolo nero or russian kale

A citrus fruit: lemon, lime, orange or grapefruit

Extra Virgin Olive Oil

Optional Extras:

Avocado

Fruit

Berries/fruit

## PROCEDURE

Roughly chop/tear kale and add to bowl. Squeeze over any citrus fruit and a little salt, and start to massage the kale. Can leave to sit or just build up salad with salad veg or fruit and nuts like almond and strawberry. Dress with EVOO.



## TOP TIP

Raw or roasted broccoli works well with this salad.