



## KALE SALAD WITH COCONUT LIME DRESSING

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### *Salad*

- 1 bunch kale, de stemmed cut into small pieces
- 1 avocado
- 1 cup mixed basil, mint, coriander
- 1/2 red pepper

### *Coconut Lime Dressing*

- 1/3 cup coconut oil
- 1/4 cup lime juice
- 1 tablespoon ginger minced
- 1 tablespoon jalapeno minced
- 1 lime leaf
- 1 stalk lemongrass, minced
- salt

### *Macadamia*

- 1 cup macadamia
- 1 tablepsoon lime juice
- 1 tablespoon maple syrup
- 1/4 tablespoon tamari
- pinch chilli powder
- pinch cayenne powder



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### Dressing:

Blend all ingredients in blender until smooth. Strain.

### Macadamia

Marinate nuts in all ingredients, spread over a baking tray and bake for 10-20 minutes until golden.

### Assembly

Massage kale with half the avocado and half of the dressing. Toss in the herbs. Top with red pepper and macadamia nuts. Garnish with sprouts, flowers and herbs.