

KALE, CRANBERRY & QUINOA SALAD



QUICK

Less than 15 mins prep time

HEALTHY

Kale is high in Vitamin K, which helps the blood to clot and is important for bone health

FAMILY

Feeds 6 as a side dish

MEALS

Serve as a side dish or with another salad with wholegrains for a delicious meat free meal

INGREDIENTS

- 100g uncooked Quinoa (200g cooked)
- 150g Kale
- 75g Walnuts
- 50g Dried Cranberries
- 1 Apple
- 3 tbs Apple cider vinegar
- Drizzle olive oil (approx. 30ml)
- Salt and pepper
- Optional – add 50g feta or 1 avocado

METHOD

- 1) Cook your quinoa according to the instructions on the packet – allow to cool
- 2) Dry fry your walnuts
- 3) Remove kale from stalks then place in a large bowl.
- 4) Massage the olive oil into the kale so it softens
- 5) Core and dice your apple
- 6) Add the walnuts, cranberries, quinoa and apple to the kale
- 7) Add the vinegar
- 8) Season with S&P
- 9) Mix and taste - Add more vinegar/oil/S&P - to taste



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com