

Healthy Kale Salad with Chilli and Almonds

Total time **12 mins** 10 mins preparation time 2 mins cooking time

Nutritional facts (per portion):
1352 kJ / 323 kcal

Fat: **23.5 g** Protein: **8.2 g**
Carbohydrates: **18 g**

INGREDIENTS

2 portion(s)

100 g kale
1 red pepper
1 chilli pepper
1 green cucumber
3 tbsp almond flakes
Dressing
3 tbsp olive oil
2 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
1 tbsp wine vinegar
1 tbsp runny honey
2 cloves garlic, crushed using a garlic press
1 tbsp chilli flakes
pinch pepper

PREPARATION

Step 1

Cut the cleaned kale into small pieces. Cut the pepper into thin slices, cut the cucumber into sticks and slice the chilli. Mix all the vegetables in a bowl.

Step 2

Toast the almonds in a dry pan and add them to the vegetables.

Step 3

Place all the dressing ingredients in a small jar, screw on the lid and shake hard until all the ingredients blend together. Pour over the salad just before serving.