

Healthy Kale Salad with Chilli and Almonds

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

Nutritional facts (per portion):
1,352 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	<u>Kikkoman Naturally Brewed Soy Sauce</u>
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.