



KALE SALAD

10 MINS
PREP

SERVES 4

STAGE 2

VEGAN
FRIENDLYDAIRY
FREE

This basic, vegan-friendly recipe is so versatile, you can enjoy it as-is for a light lunch, use as a side dish or share with your baby during stage 2 weaning.

Try adding roasted pumpkin and croutons, or avocado and grated courgette.

WHAT YOU NEED

200g kale
 1 handful of your favourite nuts
 1 tbsp ground seeds of your choice (flaxseed or pumpkin is good)
 1 lemon
 1/2 garlic clove, crushed
 1 tsp mustard (any will do)
 4 tbsp olive oil
 1 tsp maple syrup (optional)
 salt and pepper (to taste)

WHAT TO DO

1. Strip the leaves from the kale and break into small pieces.
2. Add the seeds, a small squeeze of lemon (save the rest for the dressing), 1 tablespoon of oil and a pinch of salt and rub into the leaves for 3-5 minutes.
3. Don't be afraid to give them a really good rub as this breaks up the structure of the kale and makes it easier to digest.
4. It feels odd at first to rub greens, but it really does make a difference to the texture (you could prepare this in the morning and leave it in the fridge until lunchtime).
5. Add the remaining ingredients to a jar and shake to combine.
6. When ready to serve, pour the dressing on the kale and top with any extra ingredients that you fancy. Keeps well in the fridge for a few days but it's at its best the day you make it!