



Kale salad (LS)

Serving: 1

Veg

Ingredients

- kale - 1/2 cup chopped
- barley cooked - 2 tbsp cooked
- ginger - 1
- Fresh turmeric - 1
- pomegranate - 2 tbsp
- Almonds - 2-3 chopped
- For dressing : Lemon
- honey
- mustered

Preparation Method

- Fresh kale leaves are tossed with pomegranate , barley , fresh turmeric , ginger , crunchy almonds .
- Finished with a bright vinaigrette made with lemon, honey and hint of mustard.
- Serve it.