

Kale and Broccoli Summer Salad

Servings: 4

Prep Time: 10min

Cook Time: 10min

Ingredients

- 2 packets of kale and broccoli leaf mix (300 g); washed
- 1/2 cup (125 ml) quinoa; cooked according to packet instructions
- 4 nectarines; halved
- Olive oil
- Salt and freshly ground pepper
- 1 tbsp. (15 ml) brown sugar
- 150 g ricotta cheese
- 6 baby radishes; thinly sliced
- A handful of pomegranate seeds

For the honey and mustard vinaigrette:

- 2 tbsp. (30 ml) honey
- 1 tsp. (5 ml) Dijon mustard
- Few leaves of fresh thyme
- Zest and juice of 1 lemon
- 1/4 cup (60 ml) olive oil
- Salt and freshly ground pepper

Directions

1. Preheat oven to 180 °C.
2. Place cooked quinoa onto a baking tray and spread out thinly.
3. Place in oven for about 10 min. or until lightly toasted and crunchy. Remove and set aside.
4. Drizzle the halved nectarines with a little olive oil and season lightly with salt, pepper and a sprinkle of brown sugar.
5. Heat a grill pan until hot and grill nectarines for a few seconds on both sides or until lightly charred.
6. Arrange kale and broccoli leaf mix onto a platter and scatter with the grilled nectarines, ricotta cheese, radishes and pomegranate seeds.
7. Sprinkle over the toasted quinoa and dress lightly with the honey and mustard vinaigrette just before serving.

To make the honey and mustard vinaigrette:

8. Place all ingredients into a small jar and shake until emulsified, smooth and creamy. Season to taste.

