



## Parma Ham, Kale and Cheddar Salad

**Servings:** 4

**Prep Time:** 20min

**Cook Time:** 15min



### Ingredients

- 1¼ cup (310 ml) balsamic vinegar
- 2 tbsp. (30 ml) sugar
- 2 x 150 g packs broccoli & kale mix
- ½ cup (125 ml) sundried tomatoes
- ¼ cup (60 ml) olive oil
- 300 g green beans: topped and tailed, and blanched
- 1 x 70 g pack sliced red onion
- 2 x 70 g pack Parma ham
- 100 g mature cheddar: cut into small chunks
- 100 g walnuts: toasted and chopped

### Directions

1. To make the dressing, pour 1 cup of balsamic vinegar into a small pot and add the sugar. Bring to a boil and allow to simmer for 10–15 min. or until reduced by half. Set aside until cool.
2. Pour the remaining balsamic vinegar into a small bowl and add the sun-dried tomatoes and olive oil. Marinate for 15 min.
3. Scatter the broccoli and kale leaves onto a platter and top with the blanched green beans, sliced red onions, Parma ham, cheddar and the sun-dried tomatoes.
4. Garnish with the toasted walnuts, drizzle with the balsamic reduction and serve.