



KALE AND MANDARIN SALAD

Season:	Winter
From the garden:	Mandarins, kale, fennel fronds, parsley, lemon
Type:	Salad
Difficulty:	Easy
Country of origin:	
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *salad bowl
- *citrus juicer
- *measuring cup and spoons
- *frying pan
- *garlic press
- *jam jar

Ingredients

- *big bunch of kale
- *1 lemon
- *2 tbsp olive oil
- *1 tsp honey
- *4 mandarins
- *handful of parsley
- *4 tbsp chopped fennel fronds
- *1/3cup sunflower seeds
- *1 garlic clove
- *1/2 tsp cumin
- *salt and pepper to taste

Method

- 1.wash the kale and remove the tough ribs from the middle

- 2.tear the kale into bite size pieces**
- 3.squeeze the kale leaves together in your hands to soften them**
- 4.peel the mandarins, remove as much of the white pith as possible, and cut the segments in half**
- 5.toast the sunflower seeds in a dry frying pan till golden brown**
- 6.cut the lemon in half and squeeze out the juice. Peel the garlic**
- 7.add the lemon juice, oil, honey, cumin, garlic, salt and pepper into the jam jar and shake to combine**
- 8. wash and chop the parsley and fennel fronds**
- 9.put the kale, mandarins, fennel fronds and parsley into a salad bowl**
- 10.pour the dressing over and mix**
- 11.sprinkle with sunflower seeds**

Skills: *measuring, chopping*