



# YACON, CITRUS AND KALE SALAD

**Season:** Winter  
**From the garden:** Yacon, mandarins, kale, fennel fronds, mint  
**Type:** Salad  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 6 serves or 30 tastes  
**Source:** [backyardboss.net](http://backyardboss.net)

## Equipment

- \*chopping board and knife
- \*salad bowl
- \*citrus juicer
- \*measuring cup and spoons
- \*frying pan
- \*garlic press
- \*vegetable peeler

## Ingredients

- \*500 g yacon
- \*1 lemon
- \*2 tbsp olive oil
- \*2 cups kale
- \*3-4 mandarins or oranges
- \*handful mint
- \*4 tbsp chopped fennel fronds
- \* $\frac{1}{2}$  cup sunflower seeds
- \*1 garlic clove
- \* $\frac{1}{2}$  tsp cumin
- \*salt and pepper to taste

## Method

- 1.wash the yacon and peel the skin off with a vegetable peeler
- 2.juice the lemon
- 3.cut the yacon into thin discs, and then slice the discs into matchsticks

- 4.put the sliced yacon into a salad bowl and immediately mix with the lemon juice and the olive oil to prevent browning
- 5.wash the kale, mint and fennel fronds
- 6.remove any tough ribs from the kale leaves and slice them into bite size pieces
- 7.chop the mint and fennel fronds finely
- 8.toast the sunflower seeds in a dry frying pan until golden
- 9.peel the garlic and squeeze into the salad bowl
- 10.peel the mandarins and remove as much of the white pith as possible
- 11.cut the mandarin segments in half
- 12.add all the ingredients into the salad bowl and saison with salt and pepper
- 13.mix the salad and chill till needed

**Skills: *measuring, chopping, slicing into matchsticks, peeling***