



# KALE AND MANDARIN SALAD

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

## Equipment

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

## Ingredients

- \*big bunch of kale
- \*1 tbsp lemon juice
- \*2 tbsp olive oil
- \*1 tsp honey
- \*4 mandarins
- \*handful of parsley
- \*4 tbsp chopped fennel fronds
- \* $\frac{1}{3}$  cup sunflower seeds
- \*1 small garlic clove
- \* $\frac{1}{2}$  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.add the lemon juice, oil, honey, cumin, squeezed 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***