

Charred Kale Salad with Tahini Dressing

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Lime Juice
2 tbsps Tahini
1/4 cup Extra Virgin Olive Oil (divided)
1/2 cup Cilantro (roughly chopped)
1/4 tsp Sea Salt
1 tbsp Water
4 cups Kale Leaves (stem removed, roughly torn)
2 tps Sesame Seeds (toasted)
1 Blood Orange (peeled, roughly chopped into segments)
2 tbsps Pumpkin Seeds (optional)

DIRECTIONS

- 01 In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
- 02 Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
- 03 Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	436	Carbs	17g
Fat	41g	Protein	7g