



COUSIN EMILY'S KALE SALAD

Hearty kale, a splash of lemon, and crunchy breadcrumb make this salad satisfying and fresh.

Ingredients

- 1 large bunch kale (about 200 g), stems removed and leaves finely shredded
- 45 ml extra virgin olive oil
- Zest and juice of 1 lemon
- 1 clove garlic, minced
- 50 g fresh breadcrumbs, toasted until golden
- ¼ tsp red pepper flakes (or to taste)
- 50 g freshly grated Parmesan cheese
- Salt and black pepper, to taste

Directions

1. Place shredded kale in a large bowl. Drizzle with 15 ml olive oil and a small pinch of salt. Massage the leaves with your hands for 1–2 minutes, until softened and dark green.
2. In a small bowl, whisk together remaining olive oil, lemon juice, lemon zest, garlic and red pepper flakes. Season with salt and pepper.
3. In a small skillet over medium heat, add a drizzle of olive oil and the breadcrumbs. Cook, stirring often, until golden brown and crisp. Let cool.
4. Pour the dressing over the kale and toss to coat. Add Parmesan and half the breadcrumbs; toss again.
5. Transfer to a serving platter and top with the remaining breadcrumbs and extra Parmesan, if desired.