



Kale Salad with Pumpkin Seeds

Prep time: 15 minutes

Serves 4

- 1 bunch kale, ribs and stalks discarded, thinly sliced
- 1 lemon, juiced
- ¼ cup olive oil, plus extra for drizzling
- sea salt
- 2 teaspoons honey
- freshly ground black pepper
- ¼ cup pumpkin seeds (raw sprouted or lightly toasted)

1. In a large bowl, add the kale, half the lemon juice, a drizzle of oil, and a pinch of sea salt. Toss until the kale starts to soften and wilt, 2 to 3 minutes. Set aside.

2. In a small bowl, whisk the remaining lemon juice with the honey and lots of freshly ground black pepper. Slowly add the ¼ cup olive oil while whisking until dressing is emulsified. Adjust seasoning to taste.

3. Pour the dressing over the kale and add pumpkin seeds. Toss and serve.



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