

COCONUT-GINGER KALE SALAD

With PEANUT SATAY DRESSING

A super-nutrient dense salad that will satisfy even the pickiest kale eater! Inspired by Indonesian satay sauce and a gourmet Almond-Ginger nut butter from Big Spoon, I combined peanut butter with crystalized ginger and citrus to create a savory-sweet dressing for curly kale. Sweetened shredded coconut is more readily available and can be substituted but will not have the same textural contrast as flaked coconut. Unfortunately, once dressed this salad is not a dish to keep for leftovers, so if you do not plan to eat it all at one sitting, keep the kale, radish & peppers and dressing separated until ready to eat for best flavor.

Ingredients

1 Bunch Curly Kale,
stems removed

3 Tablespoons Peanut
Butter

2 Tablespoons Orange
Juice

1 Tablespoon Lime
Juice

1 Tablespoon Soy
Sauce

1 ounce Crystalized
Ginger, finely chopped,
about ¼ Cup

1 small purple Bell
Pepper, sliced finely

½ medium Watermelon
Radish, about 3 ounces

½ Cup *flaked* Coconut,
toasted, about 1 ounce

Directions

Wash kale and spin dry before slicing into roughly ¼ inch wide strips.

Peel radish and slice in half, then slice into thin strips (julienne).

In a separate small bowl combine the peanut butter, juices, soy and ginger until well combined- mixture will be thick and glossy.

When ready to serve, use tongs or your hands to “massage” the dressing onto the kale before adding the radish & peppers gently so as not to break them into smaller pieces.

Portion into 4 separate bowls, or one large serving bowl before topping with toasted flaked coconut.

Best enjoyed straight away or within the hour of being dressed.