

Kale Caesar salad

A healthier take on a traditional Caesar salad

Serves: 2 people

Prep Time: 30 mins

Ingredients

Salad:

Tin chickpeas

1 – 2 tsp extra virgin olive oil

Smoked paprika / sumac or other
seasoning of choice

2 tbsp walnuts

Bunch kale

4 – 6 anchovies (optional)

1 – 2 tbsp freshly grated parmesan (or
use nutritional yeast)

Dressing:

1/3 cup full fat Greek yoghurt e.g. Fage
(or use coconut yoghurt)

1 tbsp extra virgin olive oil

1 tbsp lemon juice

1 tsp Dijon mustard or more to taste

½ - 1 clove of garlic

1 – 2 tsp capers

4 – 5 anchovies (optional but add flavour
and omega 3)

Black pepper to taste

Method

1. To make the crunchy chickpea 'croutons', first preheat the oven to 220C (or use an airfryer). Drain chickpeas and gently dry in a clean tea towel. Then place in a bowl, add 2 tsp extra virgin olive oil and the smoked paprika or other seasoning and mix well. Spread out well on a lined baking tray and roast in the oven for 20 – 30 minutes until crunchy. Allow to cool. These can be made in advance and stored in an airtight jar.
2. Add walnuts to chickpeas on baking tray for last 3 – 4 minutes of cooking to gently toast.
3. Wash and dry the kale well, remove and discard the fibrous stems and finely shred the leaves.
4. Place in a serving bowl, add 3 – 5 tbsp of the Caesar dressing and mix well. Then top with the chickpea croutons, toasted walnuts, anchovies and sprinkle with grated parmesan.
5. Add some salmon or leftover roast chicken for a more filling meal.