

# RECIPE

## Kale Caesar Salad

### Ingredients

- 2 kale leaves, minus the stalk
- 6 iceberg lettuce leaves
- ½ cup Greek yoghurt
- 1/3 cup tahini
- 1 tbsp grated lemon zest
- 1 tbsp grated garlic
- ¼ cup grated parmesan
- Juice of 2 lemons
- 2 tbsp olive oil
- Salt to season
- 1 can of rinsed chickpeas (approx. 400grams)



### Method

1. Tear kale into pieces, blanch in boiling water for 30 seconds, strain and add to bowl. Add rinsed chickpeas.
2. Combine the rest of the ingredients in a separate bowl and mix to create the salad dressing.
3. Layer a serving dish with iceberg lettuce leaves, drizzled in oil and seasoned with salt. Add the kale and chickpeas over the lettuce leaves with dollops of dressing on top.
4. Sprinkle with the parmesan and serve.