

Miso maple kale salad

Serves 2. Preparation and cooking time 15 minutes

Ingredients:

2 tsp white miso
2 tsp toasted sesame oil
1 – 2 tsp maple syrup
1 bag of kale
1 red pepper, diced
1 yellow pepper, diced
½ pomegranate
1 handful peanuts
½ red chilli, finely diced, optional

Directions:

- Make dressing by mixing miso, toasted sesame oil and miso together in the bottom of a large bowl. Thin with a little water (1 – 2 tbsp.)
- Pull kale leaves off tough stalks, finely slice and place in the bowl with the dressing. 'Massage' the kale leaves in the dressing for a couple of minutes
- Add the rest of the ingredients and mix well

Serve with some fish, tofu or cold meat for a bigger meal. This robust salad keeps well for at least 24 hours and is a great make-ahead lunchtime option.

Miso paste can be found in health food stores and some supermarkets. White miso has a much milder taste and is a good starting point for those new to miso. Miso is rich in beneficial bacteria which support