



KALE GREEK SALAD

Gluten Free

Serves 6 as a side

INGREDIENTS

- 400g red onions
- 350ml white wine vinegar
- 1 tbsp sea salt
- 2 tbsp demerrara Sugar
- 600g kale
- 300g Kalamata olives
- 400g cherry tomatoes
- 200g feta cheese
- 2 tbsp lemon juice
- 3 tbsp olive oil
- Sea salt

1. To pickle the onions, peel and cut them into thin slices, place them in a bowl. In a saucepan, bring the vinegar, sugar and salt to the boil, pour the liquid over the sliced onions and cover with cling film. Leave to cool down completely and place them in the fridge for 24 hours
2. Wash the kale and remove the hard parts, pour the lemon juice and sea salt over the kale and start massaging the kale with your hands to breakdown the fibre and which will soften it and make it much easier to eat
3. Cut the cherry tomatoes in half
4. Crumbled the feta cheese
5. In a salad bowl add the massaged kale, cherry tomatoes and pickled onions. Pour over the olive oil and stir
6. Top with the crumbled feta cheese and Kalamata olives

You need to pickle the onions in advance. Why not double the quantity of pickled onions and make a bigger batch? You can store them in the fridge for a few weeks in a sterilised jar (this is very simple, and you can find details on how to do this online). Pickled onions go nicely with any salads. We use red onions because they are sweeter than yellow ones, and they also bring a really nice colour to any dish