



Raw Kale Salad

This fresh, verdant salad is a light and energising meal that reduces inflammation and supports the body's natural detoxification process. The healthy, raw ingredients are also high in antioxidants such as carotenoids and flavanoids which help to fight cancer cells. Rich in vitamins A, K and C, as well as calcium, fibre and iron, this dish also promotes healthy liver function.

Ingredients:

Kale (cut into small pieces with scissors)	100g
Broccoli (cut into small rosettes)	50g
Cucumber (remove seeds & slice into small pieces)	50g
Pineapple (cut into small sticks)	10g
Sea salt	1/4 tsp
Lemon juice	1/2 tsp
Lemon zest	1/4 tsp
Sunflower seeds	20g
Olive oil	1 tsp
Pepper	1/4 tsp

Garnish:

Red chili (remove seeds and slice julienne)	4 pcs
Edible flower	3 pcs

Method

1. Place all ingredients into a bowl and gently mix together by hand. Rest for 3-5 minutes, check seasoning and adjust if necessary.
2. Carefully build a circular shape on the plate using the ingredients until you are happy with your presentation.
3. Garnish the plate with a subtle flourish of chili and edible flowers then enjoy!

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