



Rice and kale salad with pomegranate and feta cheese

This is a great salad to use up any left over rice or quinoa. The ingredients can also be swapped around. Instead of the pomegranate you could use grapes or diced apples or pears. This dish is a great main on its own but also goes very well with roast chicken or pork. If you want to spice it up a bit further, add 1 pinch of cumin, a pinch of cinnamon and a pinch of turmeric so it tastes a bit more Middle Eastern.

Estimated Preparation Time: 10 minutes

Completion Time: 10 minutes

Skill Level: easy

Serving Size: 1 main or 2 entrée serves

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Equipment: Kitchen mixer or bowl and pestle (or rolling pin with flat end)
Spatula or Wooden Spoon

Ingredients

3-4 stems of kale, wash & tear the leafs off the stems and rip into bite size pieces, stems finely sliced

Zests of ¼ lemon

Juice of ¼ lemon

1 pinch of salt

1 pinch of pepper

¼ cup of any nuts of your choice like walnuts macadamia or cashew etc.

Flesh of ½ a small or ¼ large soft avocado

Seeds of ¼ of a pomegranate

Wedges of ¼ red onion

1/3 cup of diced feta cheese

1 cup of cooked brown rice (you can also use any other grains or seeds)

Note: In this recipe we added 1 tablespoon of wild rice to the brown rice in case you wonder what the black bits are)

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¼ cup of roughly chopped herbs such as mint or coriander or dill or parsley or basil
2 handful of rocket salad
2 tablespoon of olive oil

Method

1. Place kale into the mixer bowl
2. Add kale stems
3. Add lemon zest
4. Add lemon juice
5. Add salt
6. Add pepper
7. Add nuts
8. Add avocado
9. Attach a paddle and start kneading (or wilting) the kale on a low gear for approx. 2-3 minutes
10. Remove the bowl
11. Add pomegranate
12. Add onion
13. Add feta cheese
14. Add cooked brown rice (or any other grain or seeds)
15. Add herbs
16. Add rocket salad
17. Add olive oil and combine well together and serve

Note: The salad lasts for up to 3 days in the fridge and tastes great the next day as the leaves wilt better during marinating. It is a great way of using any left over rice or quinoa

What can you serve with?

Any type of meat or fish will suit this salad, or just on its own as entrée or a light main.