

Lightly Steamed Kale Salad with Walnut & Herb Dressing

Cook: 15

This walnut dressing is nutrient-dense and rich in healthy fats, antioxidants, and selenium, supporting heart health and vitamin absorption while remaining wholesome and balanced when paired with kale and apple. Greens contain vitamins A, D, E, and K, which are fat-soluble. Without fat, your body can only absorb a fraction of these vitamins. A small amount of oil or dressing dramatically increases absorption.



Step 1.

Blend nuts, garlic, chilli, lemon, vinegar, soy.

Step 2.

Stream in olive oil.

Step 3.

Add water gradually until smooth and lightly spoonable.

Step 4.

Pulse in herbs last (do not fully purée).

Step 5.

Taste. Adjust only if water, salt, or lemon juice

Step 6.

Steam kale at 80°C for 5 minutes.

Step 7.

Rest 5-10 minutes.

Step 8.

Toss with dressing.

Step 9.

Add thinly sliced apple just before serving and toasted nuts/seeds (optional).

Ingredients

Serves 1

80 g walnuts (soaked 20 min, drained well)

1 Brazil nut

½ garlic clove

Small pinch chilli flakes

1 tbsp fresh lemon juice

1 tsp raw apple cider vinegar

1 tbsp soy sauce

4 tbsp good quality olive oil

70-90 ml cold water (adjust for texture)

Salt only if needed

Fresh herbs (add at the end, pulse lightly):

1 tbsp chopped dill

1 tbsp chopped chives

1 tsp coriander