

Kale & Cashew Salad



The garlic infused olive oil gives this salad a real kick!

Ingredients

20 ml garlic infused olive oil

70 g raw cashews

1 bunch kale leaves washed, torn

30 ml salt-reduced soy sauce

Method:

1. Heat the oil in a large frying pan over medium heat.
2. Add the cashews and sauté for 3 minutes.
3. Add the kale and soy and sauté for 3 minutes, tossing occasionally until cashews are tender.