



CHARRED KALE & FARRO SALAD

 RSF, VEG  30 mins  6 - 8



Ingredients

- *1 bunch kale, roughly chopped (you could also use silverbeet)*
- *2 cups farro*
- *1 large bunch basil*
- *¼ cup toasted pine nuts*
- *50g parmesan*
- *¼ cup olive oil*
- *Zest of 1 lemon*
- *1 small clove garlic*
- *1 cup toasted slivered almonds*
- *1 bunch parsley, roughly chopped*
- *100g goat cheese*
- *Sea salt (I use Himalayan pink sea salt)*



Method

1. *Rinse and drain the farro, then place it into a medium saucepan and toast for a minute or two.*
2. *Add about 8 cups of boiling water to the farro and bring to the boil. Simmer for about 15 minutes with the lid off.*
3. *Once cooked (you want the farro to be chewy with a little bite to it), drain the farro and spread it onto a baking tray to cool.*
4. *Place a pan onto high heat. Once the pan is nice and hot add a drizzle of olive oil and then the kale.*
5. *Quickly toss the kale around in the hot pan for about 1 minute (you want the kale to be bright green with a few charred brown bits). Then remove from the heat and tip the kale into a large mixing bowl.*
6. *Add the parsley and almonds to the mixing bowl with the kale and set aside.*
7. *In a food processor add the basil, parmesan, pine nuts, garlic, lemon zest and olive oil and blend until it comes together (you want it to be mixed well but not a smooth paste).*
8. *Add the basil mixture and the farro together in a mixing bowl and stir to combine.*
9. *Add the farro mixture and the goats cheese to the kale and almonds, then stir well to combine. Serve and enjoy!*

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