






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 goats 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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