

## Vegan Protein, Crispy Kale and Confited Tomato Salad

Difficulty: Easy

Servings: 5

Preparation Time: 45 mins

Cooking Time: 60 mins



## Ingredients

5g Garlic

10g Shallots

10g Sugar

10g Yellow Frisée Lettuce

15g Toasted Pistachio

20g Baby Spinach

20g Endive

20g Green Coral Lettuce

20g Red Chicory

20g Toasted Walnuts

100g Kale

300g Vegan Protein of Choice

15-20 Vine Tomatoes

1 litre Cooking Oil

2 tablespoons Olive Oil

To Taste Pepper

To Taste Salt (with excess for blanching)

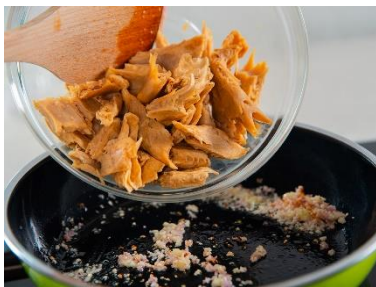
For Dressing Balsamic Vinegar

For Dressing Cranberry Sauce

For Dressing Olive Oil

# Methods

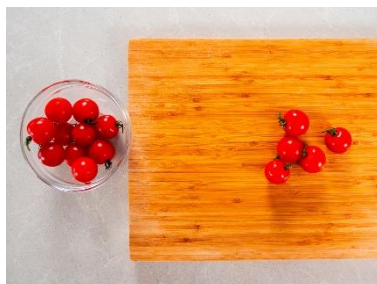
1. Hand chop garlic and shallots separately. In a pan, lightly heat up 10ml of cooking oil, fry chopped shallots, garlic and your vegan protein of choice. Fry for about 8 minutes until fragrant, then set aside to cool.



2. Bring some water to boil in a pot, add salt, remove kale leaves from stem and blanch leaves for about 1 minute. Immediately place them in an ice bath to cool. This stops the cooking process to retain colour and texture in the kale leaves. Pat kale leaves dry and set aside for later use.



3. Preheat your Oven to 180°C with **4D Hot Air Mode**. Cut individual tomatoes off the vines, leaving their green calyxes intact. Score bottom of tomatoes to make peeling easier. Blanch tomatoes for 30 seconds in the same pot of boiling water, and then soak in ice bath.



4. Gently peel blanching tomatoes, still leaving their green calyxes intact. Marinate with sugar, salt, pepper and olive oil. Bake for 20 to 30 minutes until they start to blister.



5. In a pot, heat up remaining cooking oil. Deep fry kale leaves for about 1 minute until crispy. Set crispy kale aside, salt, and allow to cool.



6. Plate salad with sautéed vegan protein, green coral lettuce, baby spinach, endive, red chicory, confited tomatoes, crispy kale, toasted walnuts, toasted pistachio and yellow frisée lettuce.



7. Serve with balsamic vinegar, olive oil and cranberry sauce.

