



Pomegranate, Kale and Nuts Salad

Overview

Difficulty: Easy

Servings: 2

Preparation Time: 30 mins

Cooking Time: 20 mins

Ingredients

Dressing

50ml Extra Virgin Olive Oil
50g Shallots
1 Tablespoon Red Wine Vinegar
2 Tablespoons Honey
To Taste Cracked Black Pepper
To Taste Salt

Salad Bulk

1 Pomegranate
1 Small Endive
40g Cashew Nuts
40g Whole Almond Nuts
120g Egg White
200g Green Kale
2 Tablespoons Butter
A Pinch of Cracked Black Pepper
A Pinch of Salt

1. Methods for Dressing

Step 1

Using the ErgoMixx hand blender, chop shallots finely and set aside.



Step 2

Blend red wine vinegar and honey until they are well mixed. Gradually blend in small portions of olive oil to form an emulsion. Add salt and pepper to taste.



Step 3

Mix chopped shallots into the mixture and set aside.



2. Methods for Salad

Step 4

Chop kale into smaller pieces.



Step 5

Peel and slice endive into thin slices.



Step 6

Deseed pomegranate and store the seeds in a bowl.



Step 7

Preheat oven in 4D Hot Air mode to 180°C.



Step 8

Separate cashew and almond nuts into two lines on the same tray and roast them for about 12 minutes or until they turn brown.



Step 9

Add in ½ tablespoon of salt in a pot of boiling water and boil chopped kale for about 3 minutes. Strain it once it is cooked.



Step 10

Melt 2 tablespoons of butter on a heated pan and scramble egg whites into it. Season it with a pinch of salt and pepper.



Step 11

Assemble the salad with kale, endive, almonds, cashew nuts and egg whites. Drizzle the dressing and sprinkle pomegranate over the dish.

