



# Stir-Fried Asian Style Kale Salad with Peanuts

Special Sides 15 Minutes • 1 of your 5 a day • Veggie

Nº 2A



Kale



Lime



Sesame Oil



Honey



Soy Sauce



Salted Peanuts

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan with Lid and a Large Serving Bowl.

## Ingredients

	2P
Kale**	200g
Lime**	1
Sesame Oil <b>3)</b>	1 sachet
Honey	2 sachets
Soy Sauce <b>11) 13)</b>	1 sachet
Salted Peanuts <b>1)</b>	25g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>185g</b>	<b>100g</b>
Energy (kJ/kcal)	1183 /283	641 /153
Fat (g)	20	11
Sat. Fat (g)	3	1
Carbohydrate (g)	19	10
Sugars (g)	14	8
Protein (g)	8	4
Salt (g)	1.86	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**1)** Peanut **3)** Sesame **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Cook the Kale

- Heat a splash of **oil** in a large saucepan on medium heat, add the **kale** and season with **salt** and **pepper**.
- Add a splash of **water** to the pan and stir-fry the **kale** until softened, 4-5 mins.
- Cover with a lid or foil, remove from the heat and set aside.

## Make the Dressing

- Meanwhile, halve the **lime** and squeeze the **juice** into a large serving bowl.
- Add the **sesame oil**, **honey** and **soy sauce**. Mix together.
- Roughly chop the **peanuts**.

## Serve

- Once the **kale** is cooked, add it to the bowl with the **dressing** and gently mix to combine.
- Sprinkle the **peanuts** over the top.

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.