

KALE & GINGER ALE

Time: 40 minutes

Serves: 4

Ingredients:

4 large eggs
4 ounces pancetta – diced to ¼”
4 tablespoons canola oil
2 tablespoons ginger ale
1 clove garlic - very finely chopped or crushed
⅛ teaspoon kosher salt
⅛ teaspoon fresh ground black pepper
1 bunch kale – torn with stalks discarded
1 ounce parmesan cheese - shaved

Preparation:

Place the eggs in a single layer in a small pot and cover with cool water. Place the pot on high heat and bring to a boil. Turn off the burner and let the eggs rest in the water for fifteen minutes. Drain the warm water and replace with cold.

While the eggs are cooking, place a small frying pan on medium heat and add the pancetta, stirring occasionally for approximately seven minutes or until browned.

In a small bowl, whisk together the oil, ginger ale, garlic, salt and pepper.

Pour the dressing over the kale and toss to coat the leaves evenly. Plate the kale.

Peel the eggs and grate one over each salad using a coarse grater.

Garnish the salad with the pancetta and parmesan.

Serve immediately.

Nutritional Information Per Serving:

Calories: 427
Fat: 34g
Carbs: 10g
Fibre: 2g
Protein: 22g