



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

# KALE & BLUEBERRIES

**Time: 10 minutes**

**Serves: 4**

## **Ingredients:**

20g apple cider vinegar  
20g honey  
1 clove garlic – minced or grated  
8g sesame seeds  
1.5g kosher salt  
1 pinch fresh ground black pepper  
60g grape seed or other neutral-flavoured oil  
200g baby kale  
200g fresh blueberries  
100g cranberry cheddar cheese - grated

## **Preparation:**

In a small bowl, whisk together the vinegar, honey, garlic, sesame seeds, salt and pepper. Slowly whisk in the oil.

Pour the dressing into a large serving bowl. Add the kale and toss with your hands to coat evenly. Add the blueberries and cheese, tossing again.

Serve immediately.

## **Nutritional Information Per Serving:**

Calories: 320  
Fat: 26g  
Carbs: 17g  
Fibre: 3g  
Protein: 9g