

Winter kale, beetroot and feta store cupboard salad

Preparation time: 5 - 10 minutes

Ingredients for the salad:

- 2 - 3 handfuls kale leaves, washed and central ribs removed
- 2 cooked beetroot, home roast or vacuum packed
- 4 tbsp. cooked green or Puy lentils, home cooked, tinned or pouch
- ¼ block feta, cut into chunks or crumbled
- ½ - 1 tbsp toasted pumpkin seeds, see below

Ingredients for the vinaigrette

- 2 tbsp. good quality apple cider vinegar
- 5 tbsp. extra virgin olive oil
- 1 – 2 tsp Dijon mustard

Directions:

- Make the vinaigrette by shaking together the ingredients in a jam jar
- Thinly shred the kale leaves and place in a bowl with 2 tbsp vinaigrette. Using your hands, 'scrunch' the dressing into the leaves to soften
- Cut the cooked beetroot into bite sized chunks and add to the kale with the lentils. Season well with salt and freshly cracked black pepper and mix gently
- Place on dinner plate, top with feta and toasted pumpkin seeds and serve with a slice of good wholegrain sourdough bread

This recipe comes together in just a few minutes. Use vacuum packed beetroot and tinned Puy lentils to save time. Or prepare your kale, beetroot and lentils at the weekend and keep in the fridge for 3 days. We admit that kale is not strictly a store cupboard ingredient, but this wonderful seasonal green is very robust and keeps in the fridge for much longer than other salad leaves.

To make toasted pumpkin seeds, simply heat a dry frying pan and toast pumpkin seeds over medium heat for 2 minutes until gently toasted. Sprinkle with 1 tsp tamari or soy sauce before removing from heat for extra flavour.