



Salad with grilled kale and Greek pita bread

30'
Hands on

2
Portion(s)

2
Difficulty



Method

- Place a [grill pan](#) over high heat and let it get very hot.
- In a [bowl](#), combine the lemon juice, tahini, honey, sesame oil, salt and pepper thoroughly to make the tahini dressing. Set aside until needed.
- Wash the kale and dry it by spreading it on a kitchen towel or on paper towels so that it can drain from excess water.
- Remove the central stem of each leaf and tear the leaves into smaller pieces with your hands.
- In a separate bowl, combine the olive oil, coriander, salt and pepper.
- Pour over the kale and toss to coat.
- Grill the kale in the hot grill pan for about 1 minute on each side, until the edges are crunchy.
- When ready, remove the kale from the pan.
- Cut the [Greek pita bread](#) into bite sized pieces, add them to the pan and toast until golden.
- Place the grilled kale in a serving platter and add the grilled pita bread.
- Mix, drizzle with tahini dressing and serve.

Ingredients

- 2 tablespoon(s) lemon
- 2 tablespoon(s) tahini
- 1 tablespoon(s) honey
- 4 tablespoon(s) sesame oil
- salt
- pepper
- 350 g kale
- 70 g olive oil
- 1 tablespoon(s) coriander, fresh, finely chopped
- 2 [souvlaki pita breads](#)

Διατροφικός πίνακας

Nutrition information per portion

616 Calories (kcal)	45.0 Total Fat (g)	6.7 Saturated Fat (g)	34.0 Total Carbs (g)
31%	64%	34%	13%
12.0 Sugars (g)	15.0 Protein (g)	8.9 Fibre (g)	1.0 Sodium (g)
13%	30%	36%	17%