

AUTUMN APPLE KALE SALAD

WITH MAPLE TAHINI DRESSING

SERVES 4



This salad is the perfect transition from fresh summer produce to cozy fall flavours. Apple, maple, nuts and halloumi cheese grilled with warming spices. Yes please!

INGREDIENTS

GRILLED HALLOUMI

200 g Halloumi cheese
1 Tbsp olive oil
1/4 tsp each cinnamon & smoked paprika
1/2 tsp ground cumin

SALAD

6 c chopped kale
1 dash of salt
1 large apple
1/4 c chopped pecans
1/4 c dried cranberries
1/2 c fennel, thinly sliced

DRESSING

1/4 c each tahini & water
2 Tbsp each maple syrup & lemon juice
1/4 tsp garlic powder
1/8 tsp cayenne pepper

DIRECTIONS

Slice halloumi into 4 slices. Blend oil with spices and brush over cheese slices. Grill on hot grill until slightly golden and charred by grill. Set aside to cool slightly.

Prepare the salad. Massage kale with salt to soften the leaves and brighten the colour to a deep green. Cut the apple into quarters, core and then thinly slice each quarter. Divide all ingredients across 4 plates or meal prep containers starting with kale and topping with other ingredients. Finish with halloumi slice.

Whisk together all dressing ingredients. If serving right away, drizzle over salad. If meal prepping for later use, divide into serving containers and add to meal prep containers.

Tip: If prepping this salad for later use - toss the apple slices in 1-2 tsp of lemon juice to prevent browning.

NUTRITION FACTS

Per 1/4 of the recipe: 445 Calories, 17g Pro, 26g Carbs, 5g Fibre, 30g Fat

