

Tahini and Honey Kale Salad

Ingredients

Salad

3-4 cups black kale (Chiffonade slice)
2 cups parsley (chopped)
1 cup shiitake mushrooms
1 tablespoon sesame oil
½ tablespoon olive oil
1-2 teaspoons sesame seeds

Tahini and Honey Dressing

¼ cup tahini
2 teaspoons or 2 medium size garlic cloves
2 tablespoons roasted sesame oil
½ teaspoon salt
2 tablespoons raw honey
½ cup water
¼ cup olive oil
¼ cup rice wine vinegar

Method

Clean and de-stem the kale and thinly slice it (this is called chiffonade), add it to a large bowl.

Clean and de-stem the parsley and chop, add to the large bowl with the kale

In a small sauté pan add the olive oil and sesame oil from the salad ingredients. Slice the cleaned shiitake mushrooms in half and add them to the pan. Sprinkle with salt and sauté until tender. This should take about 5 minutes, remove from heat and allow it to cool.

Meanwhile, add all of the ingredients for the tahini honey dressing to a medium sized mason jar and use a hand blender to combine ingredients or use a blender.

Toss the kale and parsley with as much dressing as you would like (use your hands to get the dressing nice and snug into the kale and parsley.) Place the shiitake mushrooms over the salad and sprinkle with sesame seeds.

Honey and Vanilla
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