

CALLING ALL STUDENTS

#POMPEYSCHOICE



Kale caesar salad

Ingredients

400g kale
tough stems removed and leaves
torn into large pieces
2 tbsp olive oil
2 thick slices sourdough
torn into chunks
2 Little Gem lettuces
1 avocado
roughly chopped (optional)
30g parmesan shaved

For the dressing

1 garlic clove finely grated
2 anchovies in oil, finely chopped
15g parmesan
finely grated
5 tbsp mayonnaise
1 tbsp white wine vinegar

Method

Combine the kale with 1 tbsp of the olive oil and a good pinch of salt in a large bowl, and massage the oil into the leaves for a minute before setting aside to tenderise a little.

Heat the oven to 200C/180C fan/gas 6. Scatter the bread on a large roasting tray, then drizzle over the remaining 1 tbsp oil. Toss to coat the bread, then bake for 10 mins until golden and crisp. Remove from the oven and set aside.

Toss together the kale, lettuce, avocado, if using, and shaved parmesan until evenly mixed.

Combine the dressing ingredients in a small bowl and mix together until well combined. You can also do this in a jar – put the lid on and shake well. Loosen with a little water (it should be the consistency of yogurt), then pour over the salad. Scatter over the sourdough croutons and toss again, then grind over some black pepper and serve.